



First Reconciliation: A Family Journey

Study Guide

- 1) The Sacrament of Penance and Reconciliation is a sign of Jesus' presence in our lives. How does it remind us that God loves us very much?
- 2) Why is the Sacrament of Reconciliation called a sacrament of healing?
- 3) Why do we receive the sacrament of Reconciliation?
- 4) What does the sacramental grace we receive do for us?
- 5) What is a sin and what are some examples of sins children your age might have to confess?
- 6) What is the difference between a venial sin and a mortal sin? Which kind of sin do most children your age commit?
- 7) What is the difference between a sin and an accident? What is an example of this?
- 8) How does our conscience help us in making good choices and avoiding sinful choices?
- 9) How do you examine your conscience?
- 10) After you have confessed your sins to the priest, he will give you a penance.
Why do we have to do a penance for our sins? What are some kinds of penances you might receive?
- 11) Why do we pray an Act of Contrition before the priest gives us absolution of our sins?
- 12) What is Absolution? Why is this prayer so important?
- 13) Discuss how you feel about the sacrament now. Do you still have any questions that your teacher needs to help you answer? Are you excited to receive God's forgiveness for your sins?
- 14) Write your own Act of Contrition. Write your own prayer of thanks to God for His great love for you.