

# Faith Lesson 19 - Grades 1 & 2 - Your First Reconciliation

## First Reconciliation

Resource: Dynamic Catholic

[First Reconciliation Student Workbook](#)

[First Reconciliation Parent's Guide](#)

Link to videos: <https://dynamiccatholic.com/blessed/program-view/first-reconciliation/session-5>

*We used session 5 episodes 2&3 in this lesson. We have limited time in class for watching videos, but I encourage you to watch all the episodes from session 5 with your children.*

## Lesson

### **Opening Prayer:**

God, our loving Father, thank you for all the ways you bless me. Help me to be aware that every person, place, and adventure I experience is an opportunity to love you more. Fill me with a desire to change and to grow and give me the grace to become the-best-version-of-myself in every moment of every day. Amen.

**Ask:** Did you know that it is super important to go to receive the sacrament of reconciliation regularly? Does anyone know why it is important to go to confession regularly? (so that we can tell God we are sorry for hurting him and receive his grace to help us not sin again)

**Say:** Our hearts are like a garden. They can be beautiful with flowers and animals and sunshine. But they can also grow weeds and thorn bushes if they are not taken care of. Jesus is the gardener of our hearts. Let us listen as Sarah talks about the garden of our hearts.

**Watch:** The Garden of Your Heart (Blessed 1<sup>st</sup> reconciliation session 5:2, 4:04)  
<https://www.dynamiccatholic.com/first-reconciliation/blessed-program-view-first-reconciliation-session-5-2.html>

**Ask:** Who is the gardener of your heart? (Jesus)  
What do the thorn bushes and weeds represent in the garden of your heart? (sins)

**Say:** In the Sacrament of Reconciliation, we invite Jesus the gardener into our hearts to remove all the weeds and thorn bushes.

**Watch:** Preparation Matters (Blessed 1<sup>st</sup> reconciliation session 5:3, 5:45)  
<https://www.dynamiccatholic.com/first-reconciliation/blessed-program-view-first-reconciliation-session-5-3.html>

We prepare for everything that is important in Life. We prepare for tests, sports competitions, the holidays, and for vacations with our families. It is also very important to prepare for your First Reconciliation. You are off to a good start. By attending CCD and learning more about your faith, you are preparing for when you will receive the Sacrament of

Reconciliation for the first time. It is also important to prepare yourself each time you receive the Sacrament of Reconciliation.

**Ask:** What are the 5 steps to the Sacrament of Reconciliation?

1. Examination of Conscience (by examining our conscience, we become aware of our sins)
2. Confession (We say sorry to God for our sins through the priest who is God's representative)
3. Penance (This is how we show God that we really are sorry. It may be prayers or kind acts)
4. Contrition (Say the Act of Contrition promising not to sin anymore)
5. Absolution (The Priest says a prayer and all your sins are forgiven)

Do you think your first time will be your only time to receive the Sacrament of Reconciliation?  
(No)

**Closing Prayer:**

Act of Contrition

O my God, I am heartily sorry for having offended You.

And I detest all my sins because of Your just punishments,

But most of all because they offend You, my God, who are all-good and deserving of all my love.

I firmly resolve with the help of Your grace to sin no more and to avoid the near occasion of sin.

Amen.

### Activity

**In Person Class - "Our Hearts Are Like A Garden"**

#### **Supplies**

Paint Pens

3 inch - Clay Pot

Potting Soil

Flower Seeds

The faith activity is based on the theme, "Garden of your Heart. The children will have the opportunity to decorate a small clay flowerpot with a paint pen. They will plant flower seeds in their decorated flowerpots and take them home to water and nurture. Each week at their CCD virtual class, we will take a few moments to see how their planted flower seeds are doing.

The idea is that the flower is like our heart. As the gardener, they have to water, nurture, and protect it for it to blossom and flourish.

For our heart, Jesus is the gardener, who helps us to water, nurture and protect the heart by his love and forgiveness of our sins. The hope is that each child's flower by May 2, will have bloomed into a beautiful flower - Just like their hearts.

## Show What You Know

### True or False

1. \_\_\_ Ordinary moments can never be great.
2. \_\_\_ Your First Reconciliation is one of the great moments in your life.
3. \_\_\_ It is never good to prepare for the important moments in your life.
4. \_\_\_ God wants us to be restless and unhappy.
5. \_\_\_ God's love is greater than any sin you could ever commit.
6. \_\_\_ is essential for a great experience.
7. Confessing your sins through a priest to \_\_\_ is a beautiful way to grow spiritually.
8. God's \_\_\_ empowers you to make better choices in life.
9. God blesses you with a \_\_\_ to help you become the-best-version-of-yourself and live a holy life.
10. God will never stop \_\_\_ you to become the-best-version-of-yourself, grow in virtue, and live a holy life.

### Fill in the blank

1. God is the best \_\_\_\_\_ you will ever have.
2. Following your conscience makes you \_\_\_\_\_ and ignoring your conscience makes you \_\_\_\_\_.
3. You \_\_\_\_\_ your sins to the priest.
4. Penance is like \_\_\_\_\_ for the soul to help it get healthy again.
5. Our Savior \_\_\_\_\_ suffered and died for us.

### Word Bank

ENCOURAGING CONFESS HAPPY PREPARATION UNHAPPY  
GRACE CONSCIENCE EXERCISE JESUS GOD FRIEND



## Show What You Know

### True or False

1. **F** Ordinary moments can never be great. (p.139)
2. **T** Your First Reconciliation is one of the great moments in your life. (p.139)
3. **F** It is never good to prepare for the important moments in your life. (p.144)
4. **F** God wants us to be restless and unhappy. (p.149)
5. **T** God's love is greater than any sin you could ever commit. (p.165)
6. **Preparation** is essential for a great experience. (p.144)
7. Confessing your sins through a priest to **God** is a beautiful way to grow spiritually. (p.155)
8. God's **grace** empowers you to make better choices in life. (p.161)
9. God blesses you with a **conscience** to help you become the-best-version-of-yourself and live a holy life. (p.148)

### Fill in the blank

1. God is the best **friend** you will ever have. (p.168)
2. Following your conscience makes you **happy** and ignoring your conscience makes you **unhappy**. (p.148)
3. You **confess** your sins to the priest. (p.154)
4. Penance is like **exercise** for the soul to help it get healthy again. (p.156)
5. Our Savior **Jesus** suffered and died for us. (p.158)
10. God will never stop **encouraging** you to become the-best-version-of-yourself, grow in virtue, and live a holy life. (p.167)

### Word Bank

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