Resources for First Penance Preparation/Celebration

**Between now and December**

* Go through the materials with your child, watch the videos and talk about the content
* Complete your online course and reporting/conversation materials
* Read the Scripture stories from a Bible and help your child use the book
* Work at learning prayers by heart
* <https://www.youtube.com/watch?v=-7FMAq2Vqfo> Act of Contrition for children
* <https://www.youtube.com/watch?v=kxOB63hFTqc> Our Father for children (to learn by heart) without audio
* <https://www.youtube.com/watch?v=1fANA0zT_10> Hail Mary (with audio)
* <https://www.youtube.com/watch?v=SF-Qh3ddDww> Glory be (with audio)
* Begin using the Examen of Consciousness with your child
* Assure your child knows the following:
* The difference between right and wrong.
* That accidents or mistakes are not sins.
* That when we deliberately choose to do what is wrong and turn away from God, we sin.
* That God is loving and merciful. God will always forgive us if we ask with an intent to change.
* That Jesus has given us the sacrament of Penance through which our sins are forgiven and we receive the grace to live as God's children.
* That we must be willing to forgive others, just as God forgives us.

**During Advent**

* Tie activities of preparing for Penance and Eucharist to preparing for Jesus’ birth in new ways in your child’s heart, your family’s life
* Pray as a family around the Advent wreath: <http://www.churchyear.net/adventwreath.html>
* Continue to share the Scripture stories about Jesus’ mercy and forgiveness
* Attend a communal penance service as a family (show your children what this is like in community; participate yourself and with older siblings)

**Immediately before the sacramental celebration**

* Review the structure of the ritual and the Act of Contrition (the prayer will be printed and waiting for you and your child with each priest/confessor)
* Help your child examine their conscience
* Prayers for each day the week before the sacrament, based on the Beatitudes <https://www.smp.org/dynamicmedia/files/c17ceaf5c1793429cc7010877946ab24/TX005780-2-E-Family_Prayer_before_First_Reconciliation.pdf>