

## November Supplemental Learning



**Preparing For  
Your Child's First Penance**  
Sunday, December 9, 2018  
St. Ignatius Church  
5:30 pm Mass | First Penance Following

Level 2 will not have PREP that morning.

*Congratulations to you and your child on preparing for this great gift of God's forgiveness.  
This is a big step in your child's life, and we are happy to be a part of this event!*

### What will happen on that evening?

- Level 2 students and their family should plan to attend our 5:30 pm Mass. Please arrive at Church by 5:15 pm so that you can check in (Narthex) and be seated prior to the start of Mass. Dress is casual, but respectful.
- The two center sections will be reserved for students and families. Students will sit as a class in the front center sections of Church. Parents should be seated in the reserved pews behind the students.
- After Mass, students and parents should remain in church. When we are ready to begin, students will be directed to confession locations.
- Your child will enter the confessional alone. After their confession, children will be directed to an assigned pew to say their Penance.
- When your child is finished with their Penance, you are free to leave.

### How can you help your child and support them so they are not nervous?

- An example "Examination of Conscience" is attached. Help them think about the ways they have not shown God's love or things that they are not proud of doing. Remind them of the unconditional love God shows for us when we are truly sorry.
- Go over the attached "Form for First Confession" with your child. Let them know that the Priest is there to help them should they forget what to say.
- To prepare your child for the penance they will receive, we suggest that you go over the Our Father and Hail Mary as they are the most common prayers given by the Priest.
- Reassure your child that you are praying for them and that you will be close to them that evening.

# An Examination of Conscience

As some children find it difficult to recognize the type of sins they have committed and what they should confess, please take a few moments to go through the following examination of conscience questions with your child. This will help prepare them for their First Confession and alleviate some nervousness.

- Do I love God as a child of God?
- Do I remember to pray every day?
- Do I thank God for all God has done for me?
- Do I always say God's name with love?
- Do I show my love for God by loving others?
- Do I keep Sunday holy by going to Mass?
- Do I remind myself that I am in God's house and behave as I should?
- Do I always talk nicely to my parents?
- Do I do what my parents ask me to do?
- Do I help with chores around the house?
- Do I try to be pleasant while doing chores and obeying my parents?
- Do I show my love for others by obeying my parents?
- Do I show my love for others by obeying rules at school and at public places?
- Do I treat others with love and kindness?
- Do I ever hurt others by calling them names?
- Do I fight with others?
- Do I always tell the truth?
- Do I ever make promises that I do not keep?
- Do I ever cheat on tests or schoolwork?
- Do I take things that do not belong to me?
- Do I refuse to share my things with others?
- Do I treat the property of others with respect and care?

# ST. IGNATIUS

## FIRST PENANCE **FORM FOR FIRST CONFESSION**

**Child:** Good evening (morning) Father.

**Father:** Good evening (morning).

**Child:** (Make the sign of the cross while saying):  
Bless me, Father, for I have sinned.  
This is my first confession.

**Father:** (May say a prayer for trust)

**Child:** Amen.  
(Say your sins)  
(End by saying): These are all my sins.

**Father:** (Talks to you)  
(Gives you a penance)

**Child:** Act of Contrition  
O, my God, I am heartily sorry for having offended Thee and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasions of sin.

**Father:** I absolve you from your sins.  
In the name of the Father, and of the Son,  
and of the Holy Spirit. Amen.

**Child:** (Make the sign of the cross)  
(Say): Amen.

**Father:** Give thanks to the Lord for He is good.

**Child:** His mercy endures forever.

**Father:** Go in peace, and may God bless you.

**Child:** Thank you Father.  
(Leave confessional. Say your penance.)