

PRAYERS

Confiteor:

I confess to almighty God,
and to you, my brothers and sisters,
that I have sinned through my own fault,
in my thoughts and in my words,
in what I have done, and in what I have failed to do;
and I ask Blessed Mary, ever virgin,
all the angels and saints,
and you, my brothers and sisters, to pray for me
to the Lord our God

Prayer for Forgiveness:

O my God, help me to remember the times
when I didn't act as Jesus asked me to.
Help me to be sorry and try again. Amen

Act of Sorrow:

O, My God. Thank you for loving me. I am sorry for all my sins.
For not loving others and not loving you.
Help me to live like Jesus and not sin again. Amen.

Prayer after Confession:

O my God, thank you for forgiving me.
Help me to love others. Help me to live as Jesus asked me to. Amen.

F.A.Q's

- Q: Can the Priest tell anyone what he hears?
A: Definitely not. Anything a Priest hears in Confessions, he cannot tell to anybody else. If he did, he would be fired from being a Priest.
- Q: My child is nervous about making a mistake what can I do?
A: Go over these prayers with them. The format as printed here is exactly what will be done on the day so have a dry run at home. Bring them into the Church during the week and say the prayers with them there. Assure them that you will be close by during the Confession. You can write out the prayers etc. on a card for them or bring this sheet with you.
- Q: How do I talk about sins to my child?
A: We use the idea of showing God's love and not showing God's love. There are two pictures in the workbook of playground scenes where these are seen in how people play or are mean to others. Get them to talk about what's going on in the pictures.



First Confession/Penance

Format, Prayers, F.A.Q's

Celebrating First Confession

There are many names for this Sacrament eg: Confession, Penance, Reconciliation. Each word brings out some element of the Sacrament.

On the day of your child's First Confession 5th March 2011 at 11:00am in St. Sylvester's Church, all the children who will be making their First Holy Communion from St. Oliver Plunkett and St. Andrew's Schools will come together. The choir will lead us in songs, the children will participate in readings and prayers, and the Confession will be done in the Church. The priest will be sitting on a chair and your child will sit opposite them. We don't use the Confession Box for the First Penance.



First Confession Step-by-Step

When it is time for your child to go to the Priest, you bring them and present them, by name to the Priest. When they have sat on the chair, you step back.

Parent: Father, this is my daughter/son N.

Priest: N. your very welcome.

(parents/guardian steps back)

Priest: In the name of the Father and of the Son and of the Holy Spirit. Amen.

Child: Bless me Father for I have sinned, this is my First Confession.

Priest: What ways have you not shown God's love?

(These are suggestions to help your child think of some ways they haven't shown God's love. You may have ones that are specific to your child and family life and values that you could include. They are only asked to say about three.)

Child: I didn't show love when: I didn't do what I was told, I took something that didn't belong to me, I used bad language, I lied to my parents, I fought with my brother/sister, I didn't play fairly, I had a fight with my friend, I didn't say my prayers, I was mean, I didn't share, I hit someone, I called someone names.

Priest: Thank you (and will say a few words of encouragement to your child). Now will you pray your Act of Sorrow.

Child: O, My God. Thank you for loving me. I am sorry for all my sins. For not loving others and not loving you. Help me to live like Jesus and not sin again. Amen.

Priest: N. God the Father forgives you and I absolve you of all your sins, in the name of the Father and of the Son and of the Holy Spirit.

Priest: Congratulations, you have made your First Confession.

(The Priest will shake your child's hand and invite you to give your child a hug and then return to your seat.)

If you feel that your child will be nervous on the day you could write the main points and prayers on a card which they can bring with them to the Priest.

