

# Parents' Session

## Sacrament of Reconciliation

**Reconciliation is seen in many different ways.**

- A way of renewing and refreshing our relationship with God
- A means to seek forgiveness
- An experience of fear and self-consciousness

**What does Confession & Reconciliation mean to me?**

**Reflect**

As you prepare for your child's First Confession it's important to think about these different images of Confession and also to look at the truth about the Sacrament of Reconciliation

As loving and caring parents you will be anxious to help your child at this important time, and of course you are at the very heart of your child's understanding of Reconciliation.



# How do you feel about the Sacrament of Reconciliation?

Take some time to think about the following questions....

- How do you feel about Confession?
- Is the sacrament a part of your own faith journey?
  - \*If yes – was it a positive experience?
  - \*If no – why?
- How often do you go to Confession – regularly...annually .... Never ....?
- If you go regularly or annually can you say why?
- If you never go can you say why?

# Memories of Confession

We can have precious and difficult memories of this sacrament

- Sharing



For many years some have centred this sacrament solely on *confession*; the confession of sins.

This can give a distorted picture as the focus of this sacrament is not just about what we do or say.

It is equally about reconciliation with God and each other.



# What happens in the Sacrament of Reconciliation

1. Preparation
2. Welcome
3. Scripture
4. Confession of sin
5. Giving a penance
6. Act of sorrow
7. Absolution

# Parents and Reconciliation

God's forgiving, healing love is not to be kept to ourselves but it is to grow, spread and develop amongst all his followers. In loving, forgiving and healing one another we build the body of Christ – the church, in the world in every time and in every place.

Christians make Christ present in their lives by their words and actions of love and reconciliation and peacemaking.

As a Christian parent you are laying the foundation for your child's life.

You are called to place at the heart of your parenting , Christ's Spirit of unconditional love, forgiveness and reconciliation.

As your child experiences this in your care, he/she will begin to glimpse the true nature of the love of God and the promise of lasting peace and happiness, which is God's promise to us.