

Preparation for the Sacrament of Reconciliation & First Holy Communion

1. Who made you? God made me.
2. Who is God? God is our Father who loves us and cares for us.
3. Why did God make you? God made me to know Him, to love Him, and to serve Him.
4. Is there only one God? Yes, there is only one God.
5. How many persons are there in one God?
There are three persons in one God; the Father, the Son, and the Holy Spirit.
6. Who were the first man and woman? The first man and woman were Adam and Eve.
7. What did Adam and Eve do? They disobeyed God and ate from the forbidden tree.
8. How did God free us from the sin of Adam and Eve?
He sent his Son into the world and Jesus died on the cross for all our sins.
9. Which sacrament have you already received?
Baptism, which took away Original Sin from my soul, and made me a child of God.
10. What do we call the meal Jesus shared with his friends? The Last Supper
11. When was the last supper? The night before Jesus died, on Holy Thursday.
12. What did Jesus say when he took the Bread and broke it in pieces?
“Take this, all of you, and eat it: this is my body which will be given up for you.”
13. What did Jesus say before he gave his friends the wine?
“Take this, all of you, and drink it: this is the cup of my blood, the blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven.”
14. What else did Jesus tell the Apostles? “Do this in memory of me.”
15. How often can you receive Jesus in Holy Communion? Every time we come to holy Mass.
16. Where is the Holy Eucharist kept in church? In the tabernacle.
17. How long do you have to fast before receiving Holy Communion?
I have to fast for one hour – I can only drink water.
18. Why did Jesus give us His Body and Blood?
Because he wanted to be close to us and because he loves us.
19. What do we call the big candle? The Easter candle or the Paschal candle.
20. When you do not obey God or your parents, what do we call this? A sin.
21. Are all sins the same? No, some are big sins and some are little sins.
22. What do we call the big sins? We call the big sins “mortal sins.”
23. What do we call the little sins? We call the little sins “venial sins.”
24. How do we get these sins off our soul? By going to the priest in confession.
25. What do we call this when we go to confession? The Sacrament of Penance or Reconciliation.
26. Is God always ready to forgive us? Yes, God is always ready to forgive us because he loves us.

27. Who takes God's place when we go to confession? The priest takes God's place in confession.

28. What five things must you do to make a good confession?

1. Know my sins.
2. Be sorry for my sins.
3. Make up my mind not to sin again.
4. Confess my sins to the priest.
5. Do the penance the priest gives me.

29. When should you say an "Act of Contrition?"

Every time I go to confession and every night when I say my prayers.

30. What do you do before you go into the confessional?

1. Find a pew and sit down.
2. Ask the Holy Spirit to help me make a good confession.
3. Think of my sins (examination of conscience).
4. Tell Jesus that I am sorry for my sins and pray the "Act of Contrition."

When it is your turn, go into the confessional. Sit in the chair across from Father.

He will welcome you. **Then make the Sign of the Cross with Father.**

This is what you will say:

FATHER: In the name of the Father and of the Son and of the Holy Spirit.

YOU: Amen

Bless me Father, for I have sinned.

This is my first confession (or my last confession was _____)

(When you go next time, you will tell Father how long it has been since your last confession)

These are my sins..... Tell Father all your sins and when you finish, say:

I am sorry for all my sins.

FATHER: Now Father will talk to you. Listen to him carefully. He will then tell you your penance and asks you to say the "Act of Contrition."

YOU: My God, I am sorry for my sins with all my heart.....

FATHER: God, the Father of mercies..... I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit.

YOU: Amen

FATHER: Give thanks to the Lord, for he is good.

YOU: His mercy endures forever.

FATHER: The Lord has freed you from your sins. Go in peace.

YOU: Thanks Be to God. Thank you Father.

Leave the confessional and go back to your pew. Your sins have been forgiven.

Promise Jesus you will try not to sin again and thank God for taking away your sins.

Then do the penance Father has given you.