

# Faith at Home

## SECOND GRADE – PREPARING FOR THE SACRAMENTS

*This year your child will be receiving two sacraments for the first time: Reconciliation and Holy Communion. We will be preparing them for the sacraments in class; however, it is important that they are familiar with what to do in the sacraments. Please go over the following information with them, and make sure that they memorize the parts in **bold**.*

### Sacrament of Reconciliation (Confession)

*Begin by saying* **Bless me, Father, for I have sinned. This is my First Confession. These are my sins.**

*Now tell the priest your sins.*

*When you are finished, please say:* **For these sins, and all others which I cannot remember, I am truly sorry.**

*The priest will talk with you a little bit, and then ask you to say the Act of Contrition:*

**O my God, I am heartily sorry for having offended You.  
I detest all my sins because of Your just punishments,  
but most of all because they offend You, my God,  
Who are all good and deserving of all my love.  
I firmly resolve, with the help of Your grace,  
to confess my sins, to do my penance, and to amend my life. Amen.**

*The priest will now give you absolution, the prayer by which, through the working of the Holy Spirit, your sins are forgiven. Finally, the priest will dismiss you, saying “Go in peace” or something similar. Please respond: **Thanks be to God.***

### Sacrament of Holy Communion (The Mass)

*Please practice these common Mass responses*

The Lord be with you.

**And with your spirit.**

*(end of prayer) ...forever and ever.*

**Amen.**

*(At the end of the readings)*

The Word of the Lord.

**Thanks be to God.**

*(Before and after the Gospel readings)*

A reading from the Holy Gospel according to ....

**Glory to you, O Lord.**

The Gospel of the Lord.

**Praise to You, Lord Jesus Christ.**

*(Before the Eucharistic Prayer)*

The Lord be with you.

**And with your spirit.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord, our God.

**It is right and just.**

*(Before Communion)*

Behold the Lamb of God, behold Him Who takes away the sins of the world.

Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy that You should enter under my roof,  
but only say the Word, and my soul shall be healed.**

*(When receiving Communion:)*

The Body of Christ.

**Amen.**

***At your child's First Holy Communion, they will receive in the traditional manner: kneeling, with the host being placed on their tongue. We will practice this in class.***

***In the future, your child has the option of receiving the Host in their hand. Please remind them that, if they choose to receive this way, they should put the host in their mouth immediately, before starting to walk away from the priest.***

*(At the end of Mass)*

The Mass is ended. Go in Peace.

**Thanks be to God.**