

Family Time with Jesus

Jesus loves you and your family so much and He wants to spend time with you in prayer each day.

Begin your prayer time with the Sign of the Cross.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

The Father, Son and Holy Spirit live in us through Baptism. Take some time in silence to be aware of Jesus' Presence within your heart and to greet Him.

As a family, have each family member thank Jesus for two blessings:

such as your parents, being loved by God as His child,
being with family; food and water; a friend; learning something new;
God's creation of sunshine, the birds, a pet etc.; a person that treated you nice; an answer to prayer.



“See what love the Father has given us that we should be called children of God; and so we are.” (1 John 3:1)

Parents, the following is about helping your children to examine their conscience.

- Think of something that you did today that was kind to someone else and that pleased Jesus. Jesus gives us His grace so that we can love Him by loving others.
- Now think about something that you did that was unkind or selfish to someone and therefore offended Jesus. Then pray the *Act of Contrition*, speaking with Jesus from your heart.

Act of Contrition

**O my God, I am heartily sorry for having offended You,
and 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 sin no more
and to avoid the near occasion of sin. Amen.**

Close this prayer with the Sign of the Cross.

Dear Parents,

As the primary educators of your children, we thank you for allowing us to partner with you to help your children come to know the Person of Jesus Christ through studying the Catholic Faith, daily conversation with Him in prayer and reception of the Sacraments.

Learning about God needs to be accompanied by daily prayer in the home in order for your child to develop and grow in a personal relationship with Him. This relationship with the Son of God in turn strengthens your child, and every member of the family, on the true path to happiness. That is why your child will be learning several prayers this year. The *Act of Contrition* will be a specific focus throughout the year as this prayer is part of the Sacrament of Reconciliation that your son or daughter will be receiving. Teaching your child how to pray this prayer by heart will allow them to understand better what they are saying to God and to sincerely ask Him for His forgiveness.

Why pray this prayer daily?

In praying the *Act of Contrition* each day, we realize better that we don't need to be afraid and that we can tell Jesus anything. He wants to forgive us and will do so with great love. Jesus died on the Cross for the sins of each one of us personally.

The prayer, the *Act of Contrition*, allows us to tell God that we are sorry and that we will seek to do better, with the help of His grace. Contrition means both sorrow for the sins that we have committed together with the sincere desire and resolution not to sin again, which are only possible with the help of God's grace. Grace received in the Sacrament of Reconciliation helps us to become stronger in avoiding sin.

It may be helpful to begin by having your child repeat each phrase after you. Further, praying the *Act of Contrition* slowly as a family on a daily basis will make it easier to learn the words. To be consistent, it is essential to choose a specific time that best fits your family life, such as

- At a meal time
- Just after getting out of bed or Before leaving home in the morning
- At bedtime

It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time. Reading children's Bible stories about Jesus healing and forgiving people, such as the healing of paralytic (Mark 2:1-12) and the prodigal son (Luke 15:11-24), will allow your child to recognize the importance of receiving the Sacrament of Confession often. This Sacrament of Healing brings such positive effects as interior peace and joy along with freedom from guilt.

For further suggestions to help your child learn and understand the *Act of Contrition* go to <http://diolc.org/catechesis/prayer/> Second Grade