



# Readiness for Holy Communion

## Signs of 'Readiness':

- Attending Mass each week
- Paying attention during Mass
- Wanting to share in the Eucharist
- Understanding that the consecrated bread and wine is the body and blood of Jesus
- Have made/wish to make a good confession
- Desire to grow in relationship with Jesus

## Prayers your child should know:

- Our Father
- Hail Mary
- Glory Be
- Some Mass responses

## What's your role as parents?

- Talk to your child about God, teach them the Faith
- Take them to Mass every Sunday
- Encourage their participation at Mass
- Pray together at home
- Observe the 1 hour fast before receiving communion
- Model reverence when receiving the Eucharist yourself

**"I have read this guide and firmly believe my child is ready to receive the sacrament of the Eucharist for the first time"**

Child's Name \_\_\_\_\_ Date \_\_\_\_\_

Parent's Name \_\_\_\_\_



# Readiness for Reconciliation

## Signs of 'Readiness':

- Understanding the difference between right and wrong
- Is able to tell the difference between mistakes/accidents and deliberately choosing to do wrong (sin)
- Willing to forgive others, as they are forgiven
- Knows that Jesus is a forgiving person and that God loves them
- Understanding that the sacrament is a way for our sins to be truly forgiven and where we can receive grace
- Expresses sorrow and describes wrongdoing in his/her own words

## Prayers your child should know:

- Our Father
- Hail Mary
- Glory Be
- An Act of Contrition (can use a printed sheet)

## What's your role as parents?

- Encourage your child to take responsibility for their actions
- See if your child is capable to say sorry and ask forgiveness
- Pray together an 'examination of conscience'
- Celebrate their first confession and take them regularly
- Model going to the sacrament of reconciliation regularly

**"I have read this guide and firmly believe my child is ready to receive the sacrament of Reconciliation for the first time"**

Child's Name \_\_\_\_\_ Date \_\_\_\_\_

Parent's Name \_\_\_\_\_