

Heart Speaks to Heart: The Gift of Reconciliation

Exploring Session 3 Together



Turn to **PAGE 38** in the *Heart Speaks to Heart* book. There you will see a picture of Moses on Mount Sinai. Take a few moments to look at the picture. What do you notice?

Opposite the picture on **PAGE 39** is the opening prayer. Pray this prayer together.

On **PAGES 40-41** there is a conversation between Grandpa and the twins. Read through their dialogue. Read the questions at the bottom of page 41 and try to answer them together. Here are some suggestions for answers to these questions:

What preparation for First Reconciliation have you been doing at home since last time?

Share any work that you have been doing on Reconciliation since the last time that you met, e.g. finishing off the Bible Journaling; making entries in the Reflection Book; thinking about the choices that you have made; reading the *Max and Droogo* story; taking time to pray.

What are some of the right things and some of the wrong things that people do?

To help you to answer this question, you may like to consult the list on page 48 (where there are questions to help you to make an Examination of Conscience).

From that list, right things include:

Saying thank you; forgiving others; prayer; showing respect for parents, carers and other adults; listening to what other people say, especially parents, carers and teachers; doing what we are asked to do by those who care for us; showing respect for God and God's name; going to church (especially on Sundays and holy days).

Wrong things include:

Not taking time to pray; not showing respect for God or God's name; not showing respect for parents or other adults; not listening to and not obeying parents or those who care for us; getting angry and fighting with others; stealing; lying and cheating; refusing to help or share with others; hurting others; making fun of others; excluding others by ignoring them or not playing with them.

Why do you think that these things are right or wrong?

We should always show others the respect which is due to them as human beings made in the image and likeness of God. We should always try to help other people to flourish and be the best they can be. When we help others to flourish, we are also bringing out the best in ourselves. Above all, we should always try to love and show respect for God, who loves us and is always ready to forgive us when we do wrong.

Turn to **PAGE 42**. This page introduces the session's virtue, which is Reflection. Read the page together. We will think more about this virtue later in the session.

Look at **PAGES 44-45** where the story about Moses' meeting with God is told. You will notice large blank spaces on these pages. These spaces are where you can write or draw thoughts which come to you as the story is read.

Read the story together, the children underlining (in pencil) words that stand out for them. Begin to do 'Bible Journaling' in the space provided. Finish off your designs and add colour later.

Turn to **PAGE 46**. Read through what it says about the 10 Commandments. At the bottom of the page there are some questions. Talk together about these questions. Here are some suggestions to help you to answer them:

1. How have other people shown you love?

Think about someone who has shown you kindness or been generous or patient or shown you understanding.

2. How did Jesus show love?

Some ways in which Jesus showed love were by: being attentive to His friends as He listened to them and talked and ate with them; healing the sick; caring for and serving His friends by washing their bruised and dirty feet; laying down His life for His friends and sharing His life with them by His sacrifice on the cross; forgiving others, even forgiving those who put Him to death on the cross and who mocked and jeered at him as he was dying.

3. What sort of things have you done or said which are loving?

You may like to tell each other about a time when you noticed something which the other person had done which was loving.

4. What sort of things are not loving?

Answers to this question may be very similar to the answers above for the 'wrong things' we do. Things which are not loving include: not listening to others and being disobedient; getting angry and fighting; ignoring others; not taking time with God in prayer; etc.

5. How do you show your love for God?

Ways of showing love for God include: taking time with Jesus in prayer and with others in church; saying sorry to Him through the Sacrament of Reconciliation when you have not shown Him love through your sins; caring for and serving others, especially those most in need; being attentive to others' needs and listening to what they have to say; giving to others, remembering how Jesus has given His life for us; sharing what you know about Jesus and how much His love for you means in your own life.

Complete the activity on **PAGE 47**. Here are some suggestions to help you to answer the questions and complete the tasks on this page:

When do you feel loved?

It may help to tell each other about any acts of love and kindness shown to you by the other person.

3 ways you show your love for God

Answers may include:

1. Taking time with God in prayer.
2. Saying sorry and confessing sins in the Sacrament of Reconciliation.
3. Giving thanks to God at Holy Mass.

3 ways you show your love for others

Answers may include:

1. Forgiving someone who has hurt me.
2. Playing with someone who has nobody to play with them.
3. Helping at home.

Turn to **PAGE 48**. Read pages 48-49 together. There are some questions on these pages which ask you to think about what sins you need to confess. Don't share these thoughts: knowing what your sins are is between God and you. An Examination of Conscience (as described on page 48) will help you to remember some of your sins.

On **PAGE 49** read about what happens when Ryan makes his Examination of Conscience.

Turn to **PAGE 50**. On this page there are suggestions for some activities to do before you meet to look at Session 4. Read through this page together and ask for help if you are not sure what to do.

On **PAGE 51** of *Heart Speaks to Heart*, there are prayers to end this session.

Firstly, there is a time of Quiet Prayer:

- Sit quietly
- Close your eyes
- Listen to your breathing
- Quietly and slowly say a few times: ***I love You, Lord: with all my heart***
- Allow a period of silence for about 2 minutes
- End the silence, perhaps by making the Sign of the Cross:
'In the name of the Father, and of the Son and of the Holy Spirit. Amen.'

To end the session, pray together the concluding prayer (the ***Our Father***) which you will find written out on the right-hand column of page 51.

Stick the 'Reflection' sticker onto your sticker chart to show that you have completed this third session.