

Session 1: *You Are Blessed!* Teaching Guide

1. **Make the sign of the cross together, and pray the prayer on page 1.**

2. **Watch** Season 1, Episode 1 video: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-1-1.html>

- **Read** pages 2-5. Have your child observe the picture on pages 2-3. **Ask:** Who is the Great King in this picture? Who is His family?
- **Discuss** pages 4-5 with your child, **what it means to be blessed.** What are some ways your family has been blessed?

3. **Watch** Season 1, Episodes 2 & 3:

<https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-1-2.html>

<https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-1-3.html>

- **Read** pages 6-7
- **Activity: My Gratitude List (page 8)** Have your child fill page 8 with things they are thankful for.

4. **Watch** Season 1, Episode 4: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-1-4.html>

- **Read** pages 10-15. **Discuss** people you know (family members, etc.) that have received the various sacraments (First Communion, Marriage, etc.).

5. **Watch** Season 1, Episode 5: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-1-5.html>

- **Read** pages 16-19. **Tell** your child about a time **you were thankful for a blessing from God.** **Discuss** the lessons on page 18: What does the story of the grateful leper teach us?
- **Read** page 20, and ask your child: What are some ways you are blessed today?

6. **Watch** Season 1, Episode 6: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-1-6.html>

- **Read** pages 22-23. **Ask** your child: What are some specific things you can do to bless someone else? Your parents? Siblings? Teachers? Etc.

After watching the videos and completing the readings for Session 1:

- **Pray** with your child, using the prayer on page 28. You can also pray along with the “Closing Prayer” video, <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-1-7.html>
- **Complete** the “Show what you know” section on pages 24-25. **The answers are in the PDF version of the Leader guide (page 24):**
<https://files.dynamiccatholic.com/home/blessed/first-reconciliation/Blessed FirstReconciliation LeaderGuide.pdf>
- **Write** a letter in the “Journal with Jesus” page 27. I encourage parents to write their own letters to Jesus along with their child, and talk about what they’ve each written in the letter.

For Reference: This is the link for a PDF copy of the Leader’s Guide, if you’d like to use it as well:

<https://files.dynamiccatholic.com/home/blessed/first-reconciliation/Blessed FirstReconciliation LeaderGuide.pdf>

I’ve incorporated some things from the Leader’s Guide into this teaching guide, but you’ll find additional resources in there too.

Session 2: *The Best Version of Yourself*, Teaching Guide

1. **Make the sign of the cross together, and pray the prayer on page 31.**
2. **Watch** Season 2, Episode 1 video: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-2-1.html>
 - **Read** pages 32-33. **Ask:** What are some ways you've exercised your free will (decision making) this week?
 - **Discuss** the picture on pages 34-35 with your child, **of Solomon having his dream (from 1 Kings 3:4-15)** **Ask:** What would you ask God for if He offered to give you anything? Why is wisdom so important?
3. **Watch** Season 2, Episodes 2: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-2-2.html>
 - **Read** pages 36-37. **Emphasize** that God will never give up on His people and will always give us another chance.
 - **Read** pages 38-41: **Discuss the 10 Commandments.** **Ask** which are hardest to keep. Why? See page 33 of the Leader Guide PDF (page 40 in the textbook) for different ways to describe the 10 Commandments.
4. **Watch** Season 2, Episode 3: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-2-3.html>
 - **Read** pages 42-45. **Ask:** Why did God send His Son Jesus to the earth? **Discuss** the greatest of commandments (p. 43-44). **Ask:** In what ways do we show love for God when we love each other? (p 44) What are some specific ways we can love the people around us?
5. **Watch** Season 2, Episode 4: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-2-4.html>
 - **Read** pages 46-49. **Ask:** What is temptation? What are some ways we are tempted each day?
 - **Discuss: How do we overcome temptation?** Discuss prayer, and **pray together** out loud the prayer on page 49. **Encourage** your children to pray **all the time**, not just before meals or bedtime.
 - **Read** pages 50-51. **Look at** the illustration on page 50-51, and discuss what is happening in the scene (Jesus praying and then arrested in the Garden of Gethsemane, Matthew 26:36-56)
 - **Read** pages 52-53. **Discuss** the important difference between accidents and sin.
6. **Watch** Season 2, Episode 5: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-2-5.html>
 - **Read** pages 54-57. **Ask** your child questions about the illustrations, and interact with them as they explore the story of Adam and Eve.

7. **Watch** Season 2, Episode 6: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-2-6.html>

- **Read** pages 58-61. **Ask:** What is a conscience? Why should we follow our conscience?
- **Discuss** the four tips for making a good decision (p. 60-61). What are some other helpful hints you can share with your child? As a parent, explain a time when you made a good decision based on these tips.

After watching the videos and completing the readings for Session 2:

- **Pray** with your child, using the prayer on page 66. You can also pray along with the “Closing Prayer” video, <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-2-7.html>
- **Complete** the “Show what you know” section on pages 62-63. The answers are in the PDF version of the Leader guide (page 44): https://files.dynamiccatholic.com/home/blessed/first-reconciliation/Blessed_FirstReconciliation_LeaderGuide.pdf
- **Write** a letter in the “Journal with Jesus” page 65. I encourage parents to write their own letters to Jesus along with their child, and talk about what they’ve each written in the letter.

For Reference: This is the link for a PDF copy of the Leader’s Guide, if you'd like to use it as well:

https://files.dynamiccatholic.com/home/blessed/first-reconciliation/Blessed_FirstReconciliation_LeaderGuide.pdf

I've incorporated some things from the Leader's Guide into this teaching guide, but you'll find additional resources in there too.

Session 3: *God Sent Jesus to Save Us*, Teaching Guide

Make the sign of the cross together, and pray the prayer on page 69.

Watch Season 3, Episode 1 video: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-3-1.html>

- **Discuss:** Have you ever made a mess? Did someone help you clean it up?

Read pages 71-75. **Ask:** What does it mean that Jesus is the savior of the world? (p. 71)

- **Discuss** the picture on pages 72-73 with your child, of someone being saved in the water from a shark. What is happening in the picture? How is the person helping from the boat?
- **Share** with your child a story of a time you were saved from something. Who helped you?
- **Discuss** Jesus's death on the cross, and how He saved us by paying the price for our sins (p. 74)

Watch Season 3, Episode 2: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-3-2.html>

- **Read** pages 76-77. **Discuss:** What is a lesson we can learn about God's wisdom, from Him being born as a helpless baby in a stable? (page 76-His ways our not ours).
- **Read** pages 78-79: **Discuss:** Jesus lived a very normal life each day as a young child. What are some normal things you do each day? Do you think Jesus also did these things as a child? **Ask:** How do you think Mary and Joseph felt when they could not find Jesus? (p. 78)

Watch Season 3, Episode 3: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-3-3.html>

- Read** pages 80-81, and then **Read** the account of the Wedding in Cana in the Bible (John 2:1-12) **Ask:** Who asked Jesus to help at the wedding when the wine ran out? What did Jesus do?
- Read pages 82-83.** **Ask** your child: What are some ways we can carry on Jesus' mission each day? **Share** with your child some ways that you carry on Jesus's mission in your life.
- Read pages 84-85.** **Discuss what is a parable?** (answer: A short story based on an everyday life experience used to teach a spiritual lesson) see full definition and list of parables at the Catholic Culture dictionary entry: <https://www.catholicculture.org/culture/library/dictionary/index.cfm?id=35389>
- Share** with your child your favorite parable, and **ask** your child what is their favorite?
- Read** pages 86-87. **Ask:** If you could perform one of Jesus' miracles today, which would you choose? Why?

Watch Season 3, Episode 4: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-3-4.html>

- Read** pages 88-89. **Ask:** How did Jesus show his love for us?

- g. **Talk** to your child about the friendship we have with Jesus, and how much He loves us. **Parent tip from the Leader book:** “This whole session is about the life of Jesus and how he invites us to be a part of his story. Don’t let this be the last time you talk about it though...We don’t talk anywhere near enough about friendship with Jesus. Keep coming back to it. If we can help [our children] develop this friendship with Jesus, a lot of other things will just fall into place.” (p.58 Leader Guide PDF, p 89 textbook).
- h. **Read** pages 90-91. **Ask:** Do you want to go to heaven? Why?

Watch Season 3, Episode 5: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-3-5.html>

- **Read** pages 92-95. **View** the illustration on pages 92-93 and **ask** questions about the picture—what is happening? (**Also read Acts 2:1-12**)
- **Discuss** some of the ways the Holy Spirit strengthens us to carry on Jesus’ mission (courage, for example).

Watch Season 3, Episode 6: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-3-6.html>

- **Read** pages 94-95. **Ask:** What is the birthday of the Church?
- **Discuss** how things would have been different being a Christian 2,000 years ago.
- **Read** pages 96-97. **Ask:** If you could be any person in the Jesus story, who would you be? Why?

After watching the videos and completing the readings for Session 3:

- **Pray** with your child, using the prayer on page 102. You can also pray along with the “Closing Prayer” video, <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-3-7.html>
- **Complete** the “Show what you know” section on pages 98-99. The answers are in the PDF version of the Leader guide (98-99): https://files.dynamiccatholic.com/home/blessed/first-reconciliation/Blessed_FirstReconciliation_LeaderGuide.pdf
- **Write** a letter in the “Journal with Jesus” page 101. I encourage parents to write their own letters to Jesus along with their child, and talk about what they’ve each written in the letter.

For Reference: This is the link for a PDF copy of the Leader’s Guide, if you'd like to use it as well:

https://files.dynamiccatholic.com/home/blessed/first-reconciliation/Blessed_FirstReconciliation_LeaderGuide.pdf

Session 4: *Forgiveness & Healing*, Teaching Guide

Make the sign of the cross together, and pray the prayer on page 105.

Watch Season 4, Episode 1 video: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-4-1.html>

- **Read** pages 106-107. **Ask** your child: What is essential for a healthy relationship? (forgiveness) What are two of the most important life lessons? (learning how to forgive and how to be forgiven)

Watch Season 4, Episode 2: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-4-2.html>

- **Read** pages 108-109. **Discuss** with your child: When was the last time you forgave someone? When was the last time someone forgave you? How did it make you feel?
- **Read** pages 110-113: the story of Max's messy room. As you read, have your child imagine his/her own room, and things that can pile up and block the door. **Discuss:** How can our souls get messy like Max's room? How can Jesus help clean up our soul? (p. 113)

Watch Season 4, Episode 3: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-4-3.html>

- **Read** pages 114-115. **Ask:** What is a sacrament? (p. 114) How do they help us?
- **Tip** from Leader guide: "When children are exposed to Jesus, truth, and virtue, they respond with enthusiasm and generosity. In a world that seeks to drown them with the shallow and superficial, most young people discover that a little seriousness is deeply agreeable to their souls." (p 72 PDF Leader Guide)

Watch Season 4, Episode 4: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-4-4.html>

- **Read** pages 116-117. **Ask:** What is Reconciliation? (p. 116)
- **Read the account of Jesus' crucifixion** in Matthew 27:32-56. Then, explore the illustration on pages 116-117. What is happening in the picture? Remind your child that while Jesus' death was scary and sad, the good news is that Jesus rose from the dead three days later. Through Jesus' death on the cross, we have forgiveness of our sins, which is good news indeed!

Watch Season 4, Episode 5: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-4-5.html>

- **Read** pages 118-119. **Discuss** some of the key parts of the Our Father prayer. **Ask:** What is the Our Father teaching us to pray for? What does it tell us about God?

Watch Season 4, Episode 6: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-4-6.html>

- **Read** page 121. **Say** the “I am blessed” paragraph out loud together.
- **Read** pages 122-125. **Discuss** the story of the Good Shepherd. What does the Shepherd do that shows his care and love for the sheep? How is this similar to how Jesus takes care of us?
Tip from Leader Guide: “...Throughout this book you will see the text reminding the children that God will never leave them. No matter how many times it is referenced in the text, know that it cannot be overstated...Constantly remind them of God’s unending love for them.” (p 76 PDF Leader Guide)
- **Read** page 126. **Discuss** how God will never stop loving us, and that He is always willing to forgive us when we are sorry.

After watching the videos and completing the readings for Session 4:

1. **Read** pages 132-134. **Pray** with your child, using the closing prayer on page 134. You can also pray along with the “Closing Prayer” video, <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-4-7.html>
2. **Complete** the “Show what you know” section on pages 128-129. The answers are in the PDF version of the Leader guide (p. 79 of PDF):
https://files.dynamiccatholic.com/home/blessed/first-reconciliation/Blessed_FirstReconciliation_LeaderGuide.pdf

Write a brief letter in the “Journal with Jesus”, page 131. I encourage parents to write their own letters to Jesus along with their child, and talk about what they’ve each written in the letter.

Session 5: *Your First Reconciliation*, Teaching Guide

Make the sign of the cross together, and pray the prayer on page 137.

Watch Season 5, Episode 1 video: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-5-1.html>

- **Read** pages 138-139. **Ask** your child: What is one of the great moments of your life? Parents, share one of the great moments of your life as well, and discuss with your child.
- **Read** pages 140-143. **Explore** the artwork on pages 140-141. **Ask**, “Is there anything out of place in the garden?” **Ask**: In what ways is Jesus a gardener in our hearts? What does he do to keep the garden of our hearts clean and beautiful?

Watch Season 5, Episode 2 & 3: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-5-2.html>

<https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-5-3.html>

1. **Read** pages 144-145. **Discuss** with your child: What kind of activities do you prepare for? What do you do to prepare? Why is preparation for events so important?
- **Read** pages 146-147. **Activity**: Have your child write out the five steps to making a great Reconciliation on a sheet of paper and practice saying each one out loud. After going over them a few times, quiz your child on each step, by asking him/her what happens in each step.

Watch Season 5, Episode 4: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-5-4.html>

- **Read** pages 148-151. **Reflection**: Have your child sit in a quiet location for a few minutes and think about each question on page 150. **Talk** to your child about the importance of thinking about their actions on a regular basis. **This is also a good place to discuss the difference between mistakes, accidents, and sin.**
- **Read** pages 152-155. **Discuss** Daniel’s actions in the story, and how it took courage to admit his sin. **Share** a time in your own life you needed courage to admit you were wrong.
- **Ask**: In the Confessional, who does a priest represent? (God, p. 154)
- **Read** pages 156- 161. **Ask**: What is penance? (A prayer or kind deed we do to show God that we are sorry, p. 156) **Say aloud** the Prayer of Absolution (p. 161). **Ask**: When does the priest say the Prayer of Absolution? What happens when the priest extends his hands over you, at the moment of absolution?
- **Activity**: Print and complete the Act of Contrition Word Search (**attached to the email**)

Watch Season 5, Episode 5: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-5-5.html>

- **Read** pages 162-165. Read the story of the Prodigal Son out loud to your child. **Ask:** What does prodigal mean? (“careless and foolish” p. 165). Is there ever a time when your sins are greater than God’s love? (answer: NO)

Tip from Leader Guide: “If your children leave the First Reconciliation preparation process remembering just one thing, let it be this: God will always love them, he will always be calling them back home to him, and his love will always be bigger than their sin. Remind them of this constantly.”

Watch Season 5, Episode 6: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-5-6.html>

- **Read** pages 166-167. **Ask:** What are three ways that guide and encourage us to become the best-version-of-ourselves? (see page 167)
- **Read** pages 168-169. **View and discuss** the illustration on page 169; this is from the story of the Good Samaritan. **Read** Luke 10:25-37. **Tell** your child that this is the kind of friend God encourages us to be!

After watching the videos and completing the readings for Session 5:

1. **Read** pages 174-175. **Pray** with your child, using the closing prayer on page 174. You can also pray along with the “Closing Prayer” video, <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-5-7.html>
2. **Complete** the “Show what you know” section on pages 170-171. The answers are in the PDF version of the Leader guide (p. 101 of PDF): https://files.dynamiccatholic.com/home/blessed/first-reconciliation/Blessed_FirstReconciliation_LeaderGuide.pdf
1. **Write** a brief letter in the “Journal with Jesus”, page 173. I encourage parents to write their own letters to Jesus along with their child, and talk about what they’ve each written in the letter.

Session 6: *It's Only the Beginning*, Teaching Guide.

Make the sign of the cross together, and pray the prayer on page 177.

Watch Season 6, Episode 1 video: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-6-1.html>

Read pages 178-179. **Ask** your child: What is one of the great moments of your life? Parents, share why you are excited for them to make their First Reconciliation, and why this is a great moment in their life.

Watch Season 6, Episode 2: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-6-2.html>

- **Read** pages 180-181. **Discuss** with your child: What are some things that we know God wants us to do?
- **Tip from Leader Guide:** “You are not preparing these children for just a moment or just a day; you are preparing them for a lifelong, dynamic relationship with God. There are few habits more important for them to develop than daily prayer. The more ingrained this habit becomes, the clearer they will hear the voice of God in their lives. The clearer they hear the voice of God in their lives, the more likely they are to walk in his ways, honor his will, and experience the peace and happiness he yearns to fill them with. Encourage them to pray every day!”

Watch Season 6, Episode 3: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-6-3.html>

- **Read** pages 182-183. **Activity:** Review the Prayer Process 7 steps with your child, and then take a moment to practice praying through the steps with him/her. **Encourage** your child to practice the Prayer Process at least once each day (morning, at bedtime, etc.).

Watch Season 6, Episode 4: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-6-4.html>

- **Read** pages 184-185. **Discuss:** What are some other examples of good and bad habits that people may have? **Ask:** What are some good habits that you'd like to have in your life? What are some bad habits that you don't like?
- **Read** pages 186-187. **Share** with your child someone in history (or currently) that you admire, and discuss what makes that person great—what are some specific qualities or accomplishments that person has? Then, **Discuss** the connection between great people and great habits. What are some habits that make these people great?

Watch Season 6, Episode 5: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-6-5.html>

- **Read** pages 188-189. **Emphasize** this quote from book: “One of the best habits you can develop in life is the habit of daily prayer” (p. 189) **Discuss:** where are some good times and places you can spend 10 minutes of quiet time with Jesus?

Watch Season 6, Episode 6: <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-6-6.html>

- **Read pages 190-193. Activity:** Have your child complete the “Gratitude List” on page 193, and discuss some specific things you are grateful for as a family.
- **Tip from Leader Guide, discussing the art on pages 192-193; Share** with your child this quote: “Every piece of art in this workbook was created with a specific intention behind it. For this particular page, a number of famous Gospel scenes were considered to emphasize the importance of gratitude. We chose the feeding of five thousand from Matthew’s Gospel because sometimes the everyday miracles in our lives go unnoticed. After all, when was the last time you were truly hungry? Three million children die of malnutrition worldwide every year. That’s one child every ten seconds...Every meal is a miracle from God that holds within it the power to fill our hearts with gratitude.”
- **Read pages 194-195. Congratulate** your child on making it to the end of the book! **And thank YOU for taking time to help guide your child through the reading and videos each week!**

After watching the videos and completing the readings for Session 6:

- **Read** pages 200-201. **Pray** with your child, using the closing prayer on page 201. You can also pray along with the “Closing Prayer” video, <https://www.dynamiccatholic.com/plus/blessed/first-reconciliation-6-7.html>
- **Complete** the “Show what you know” section on pages 196-197. The answers are in the PDF version of the Leader guide (p. 115 of the PDF): https://files.dynamiccatholic.com/home/blessed/first-reconciliation/Blessed_FirstReconciliation_LeaderGuide.pdf
- **Wait to complete** the “Journal with Jesus”, page 199, until after First Reconciliation in February. This will give your child time to reflect and then write to Jesus about the experience.