



Your child is learning how to celebrate the sacrament of Reconciliation. You can help your child decide when he or she is ready to celebrate this sacrament

for the first time. One way to teach your child how to prepare for this celebration is by examining your own conscience. You might ask yourself:

- Have I hurt any members of my family?
- What can I do to show them I am sorry?

Help your child learn to examine his or her conscience. Show your child how to use the questions below to think about the times he or she may have made bad choices or done the wrong thing. Be sure that your child does not confuse a mistake with a sin.

†Family Prayer

Forgive us, God, for all our sins.
Help us to forgive those who hurt us!

How to Examine My Conscience

1. When I make choices, do I sometimes forget to think first about what God wants me to do? Have I done what God wants?
2. Have I used God's name in a bad way?
3. Have I forgotten to worship God on Sunday? Did I try to share in the Mass?
4. Have I disobeyed the grown-ups who take care of me?
5. Have I forgotten to give my body the good food and sleep it needs?
6. Have I forgotten to show respect for myself and others?
7. Have I taken anything that is not mine or treated others unfairly?
8. Have I always told the truth?
9. Have I hurt someone by what I have said or done?
10. Have I refused to help people who are in need?

Learn by heart

Faith Summary

- We examine our conscience to remember our sins.
- We confess our sins to a priest and receive God's forgiveness.

