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**To Help Your Child Examine Their Conscience**

Read quietly and let the child listen, but not respond. Have them think about “The times I didn’t follow Jesus.”

* Have I remembered to pray to God every day?
* Have I prayed with my parents and family?
* Have I said God’s name in a bad or unkind way?
* Do I worship God at Mass on Sunday?
* Have I disobeyed my parents or other adults who take care of me?
* Have I been angry or mean to anyone?
* Have I done anything to hurt my own or someone else’s body?
* Have I taken anything that belongs to someone else?
* Have I always told the truth?
* Have I stolen anything?
* Have I been helpful toward my family?
* Have I been jealous of another person’s family or things they have?
* Have I been kind and generous with my friends?
* Have I asked the Holy Spirit to help me do what is right?

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**Questions and Discussion for Parents & Child**

* Does God forgive all sins? (God forgives ALL sins)
* Do you have to be sorry? (You must be sorry)
* Are accidents sins? (Accidents are not sins)
* Does God love you even when you sin (God always loves you)
* How do we know Jesus loves us? (Answers will vary)
* What can we do as a family to know Jesus better? (pray together, go to Mass….)
* How do we know deep in our hearts when the Holy Spirit is asking us to do something good? (Answers will vary)
* Share with your child a time you were changed because you listened to the Holy Spirit.
* Father will greet the child. The child will begin with “Bless me Father for I have sinned. This is my first confession.” Then the child will tell his or sins. Father will talk to the child and ask him or her to pray the Act of Contrition. The child will receive absolution and will answer …Amen.
* The sacrament is not complete until the child does his/her penance given by Father.