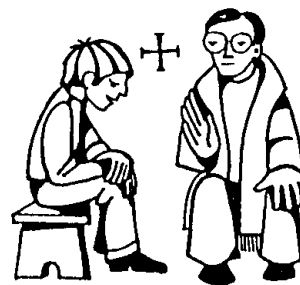


Preparing Young Children for Reconciliation

Note to parents: Before celebrating the sacrament of reconciliation, children can use a familiar prayer to examine their consciences. The first step of reconciliation is an honest examination of conscience. To truly enjoy the benefits of the sacrament, a candid look back over past actions is required. Even a young child making his first reconciliation must look back and ask himself, "How've I done?" Not an easy task, especially for youngsters unfamiliar with the practice.



Often, the 10 Commandments are used as a guideline in the confessional. But young children may have trouble relating that to their own lives. Here is an examination of conscience for children using the Lord's Prayer as a guideline.

An Examination of Conscience for Children using the Lord's Prayer

Our Father who art in heaven, hallowed by Thy name.

- *Do I think about God every day?*
- *Do I say my prayers?*
- *Do I pay attention and participate at Mass?*

Thy kingdom come, Thy will be done on earth as it is in heaven.

- *Am I kind to others?*
- *Do I do what Jesus wants me to do?*
- *Do I share with others?*
- *Am I helpful to my family?*
- *Do I show respect to my teachers and classmates?*

Give us this day our daily bread

- *Do I remember to say thank you?*
- *Am I sometimes greedy?*
- *Do I appreciate the good things I have in my life?*
- *Do I think of ways to help those who have no food?*
- *Do I take things that don't belong to me?*



Forgive us our trespasses as we forgive those who trespass against us.

- *Do I say I'm sorry when I have been wrong?*
- *Do I forgive and forget when someone does something bad to me?*
- *Do I help solve problems between my friends or do I cause more trouble?*
- *Do I say bad things about people who have hurt me?*

Lead us not into temptation, but deliver us from evil

- *Do I play fairly in sports and games?*
- *Do I cheat in school?*
- *Do I tell the truth?*
- *Do I set a good example by my kindness?*
- *Do I let other kids tempt me to do things I know I shouldn't do?*