



Blessed

- Step 1: Watch "What is Reconciliation?" video.
- Step 2: Complete the following activity.
- Step 3: Together complete the prayer on the back.

Read through the Examination of Conscience.

EXAMINATION OF CONSCIENCE

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| Did I pay attention at Mass? Have I fooled around in Church? Did I argue with my parents about going to Mass? | Did I get other people into trouble? |
| Did I say my prayers every day? | Do I hit people when I get mad? |
| Did I say mean things to my mom or dad? | Have I forgiven people? Or am I holding a grudge? |
| Did I always say "Thank You" to people? | Have I cheated or been unfair in games? |
| Am I hard to get along with (during school, at Grandma's, at home, etc.)? | Did I refuse to play with someone for no good reason? |
| Did I do what my mom and dad told me to do? My teacher? | Did I walk past a student who was sitting along? |
| Did I lose patience with my parents because I did not get my way? | Did I gossip about others or do nothing when someone was being bullied or made fun of? |
| Was I lazy around the house? Did I do my chores? | Have I laughed at people who made a mistake? |
| Did I think only of myself and not care about how my actions would hurt others? | Was I lazy about my schoolwork? Did I fail to do my homework? |
| Did I hurt others people's feelings by calling them bad names? | Did I cheat in school? |
| Have I started fights with my brothers and sisters at home? | Did I lie to my parents? My teachers? My friends? |
| Have I blamed other people for things I do? | Did I take anything that didn't belong to me? |
| | Did I not stand up for my faith when people criticized my beliefs? |
| | Did I focus on the faults of others? |
| | Did I always put God first? |

How does it make your heart feel when you think about your sins?

How do you think your heart will feel after you tell Jesus you are sorry for your sins and your sins are forgiven in Reconciliation?

Discuss how you are feeling about going to your 1st Reconciliation. Parents, share your experience of your 1st Reconciliation.

My Little Prayer Process

- 1 Thank God for whomever and whatever you are most grateful today. List what you are grateful for.

- 2 Think about today. Talk to God about the times when you were and were not the-best-version-of-yourself.

- 3 What do you think God is trying to say to you today? Talk to God about that.

- 4 Ask God to forgive you for anything you have done wrong and to fill your heart with peace.

- 5 Talk to God about some way he is inviting you to change and grow.

- 6 Pray for the other people in your life by asking God to guide them and watch over them. List those you are praying for.

- 7 Pray the Our Father.