

# **Reconciliation**

**(Lower Elementary, Grades 2-5)**  
**St. Mary's Church**

## EXAMINATION OF CONSCIENCE

### **My Relationship with God**

- Have I been moody or rebellious about praying and going to Mass on Sunday?
- Have I paid attention at Mass?
- Have I "played around" in church instead of praying to God?
- Have I said my prayers every day?
- Have I thanked God for my blessings?
- Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
- Have I asked the Holy Spirit to help me do what is right?

### **My Relationships with Others**

- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?
- Have I said mean things to my mom or dad?
- Have I always said "thank you" to people?
- Have I been hard to get along with (during school, at home, with my family)?
- Have I done what my mom, dad, and teachers told me to do?
- Have I done my chores? Have I been lazy around the house?
- Have I hurt other people's feelings by calling them mean names?
- Have I refused to play with someone for no good reason?
- Have I made fun of anyone?
- Have I used bad language?
- Have I started fights with my brothers and sisters at home or with other kids at school?
- Have I blamed other people for things I did? Have I gotten other people into trouble?
- Have I hit people when I've gotten mad?
- Have I been selfish toward my parents, brothers and sisters, teachers, or friends?
- Have I forgiven people? Or have I held a grudge instead?
- Have I cheated or been unfair in games?
- Have I cheated in school or on my homework?
- Have I been lazy about my schoolwork? Do I sometimes not do my homework?
- Have I lied to my parents? My teachers? My friends?
- Have I taken anything that didn't belong to me? Did I return it?

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A Guide to the steps of Confession is on the back

## A GUIDE TO CONFESSION

1. If you go to Confession inside a confessional, go inside, shut the door or curtain, and kneel down. If you are able and choose to go to Confession face-to-face with the priest, sit in the empty chair across from him.
2. Make the Sign of the Cross and say, **“Bless me Father for I have sinned. It has been \_\_\_ months/years since my last Confession. These are my sins.”** (Tell the priest how long it has been since your last Confession.)
3. Tell Father your sins, and do your best to say how many times you have committed each sin.
4. Then say, **“For these and all the sins I can’t remember, I am sorry.”**
5. Listen to the priest’s advice and to the penance he gives you.
6. When the priest asks you, say the Act of Contrition. Use whichever version you are more comfortable with.

**O my God, I am sorry for my sins  
with all my heart.  
In choosing to do wrong and failing to  
do good, I have sinned against you  
whom I should love above all things.  
I firmly intend, with your help, to do  
penance, to sin no more, and to avoid  
whatever leads me to sin.  
Our Savior Jesus Christ suffered and  
died for us.  
In his name, my God, have mercy.  
Amen.**

**O my God, I am heartily sorry  
for having offended You,  
and I detest all my sins because  
of Your just punishments,  
but most of all because  
they offend You, my God,  
Who are all good and  
deserving of all my love.  
I firmly resolve,  
with the help of Your grace,  
to sin no more and to avoid  
the near occasions of sin. Amen.**

7. The priest will say the prayer of absolution—a prayer that forgives your sins. It ends with, “I absolve you of your sins in the name of the Father, and of the Son, and of the Holy Spirit.” You respond, **“Amen.”**
8. When the priest says: "Go in peace," you say: **"Thanks be to God."**
9. When you are finished with your Confession, go pray the penance that the priest gave you as possible, finding a place to kneel or sit and pray immediately if you can.

Your sins are forgiven, go in peace!