



## Preparing for Reconciliation

Children are often nervous about talking to a priest about things they might have done that hurts God and others, namely, sin.

### **Reassure them:**

*God wants to forgive them* and help them feel better.

### **Make self-reflection a habit:**

Spend a little time each evening going through their day. What were some things that they did that made God or others happy? What did they do that made God or other people sad?

A simple *examination of conscience* like the one below provides questions that you can ask your child to help them reflect on their day.

## **Examination of Conscience for Children**

### Responsibilities to God:

Have I prayed every day?

Have I been moody or stubborn about praying and going to church on Sunday?

Have I asked the Holy Spirit to help me do what is right?

### Responsibilities to others:

Have I obeyed my parents?

Have I always been honest, or have I been untruthful sometimes?

Have I talked back to parents, teachers or other adults?

Have I pouted and been moody?

Have I shared my things with others, or have I kept things only for myself?

Have I been mean, or hit anyone?

Have I forgiven others, or have I held a grudge and stayed angry?

Have I treated other children with kindness?

Have I made fun of other children or called them names?

Have I used bad language?

Have I taken anything that did not belong to me?

Have I done my homework and chores without complaining?

Have I been helpful and loving toward my family?

Have I been kind and generous with my friends?

## Reconciliation Terms to Know

### **Absolution:**

God's forgiveness received through the words and actions of the priest

### **Act of Contrition:**

A prayer we say when we need to say "I am sorry" to God.

### **Examination of Conscience:**

A time when we think about our choices and whether or not they might have hurt God or others.

### **Penance:**

A prayer we say or something we do, to make things right with God after we have done something wrong.

### **Reconciliation:**

The sacrament through which Catholics receive and celebrate God's love and forgiveness.

### **Sin:**

Sin is doing wrong on purpose. It is choosing not to love God, or other people, or ourselves.

## *On the Day of Reconciliation*



On the day of your child's First Reconciliation, they may be a little nervous, even though you and your child's teachers have been practicing with them. Please be sure that your child has enough time to have something to eat, and dress with as little stress as possible.

### **Children's Attire for First Reconciliation:**

Your child should be dressed as they would for a special family event.

**Girls:** Dress, or pants with a blouse or sweater. School appropriate or dress shoes. Sports uniforms, shorts, sneakers and T-shirts would be inappropriate for this celebration.

**Boys:** Neat, clean pants, and a collared shirt or sweater. School appropriate or dress shoes. Sports uniforms, shorts, sneakers and T-shirts would be inappropriate for this celebration.