

An Examination of Conscience for Children  
Based on 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?

## At home this week ...

Work on this together at home as a way of continuing the process of preparing for the Sacrament of Reconciliation

**Make sure your child knows the following prayers by heart this week. Help him or her rehearse these and pray them together at bedtime each night. Also here is a prayer they do not need to memorize but which makes a good night prayer for you to pray with them.**

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Act of Contrition:

My God and 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, and 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

## SIN VS. AN ACCIDENT:

Growing up Catholic means learning to know when you commit a sin.

An accident: an action not done on purpose. Accidents are not sins.

A choice to sin: an action done on purpose, or the failure to love done on purpose. If you know it's wrong and you do it anyway, it's a sin.

Is each of these a choice or an accident?

Write an "A" on the line if the action was an accident. Write an "S" on the line if it was a sin.

Your mom asks you to clean your room but you decide to watch TV instead.

OR

Your mom asks you to clear your room but your school bus comes and you can't to it right now.

You drop your sister's favorite toy and it breaks.

OR

You are angry with your sister, so you break her favorite toy.

Your dad asks where your homework is but you didn't do it so you lie and say you don't know.

OR

Your dad asks where your homework is but you forgot where you put it and tell him that.

## Itinerary for Sacramental Prep 1.15.12:

9:00 – 9:10: Opening & Prayer (Christie)

Song “Banner Over Me is Love” (Theo)

9:10 – 9:20: Show Movie (15:20) (Theo)

9:20 – 9:40: Teaching (ppt presentation) (Christie)

9:40 – 9:50: Hand-outs and parent tools (Christie)

9:50 – 10:00: Break – “If you’re Happy and You know it” (Theo)

10:00 – 10:10: Rope activity (Theo)

10:10 – 10:20: Skit (Theo and Christie)

Prayer and final announcements (Christie)

### IMPORTANT DATES TO REMEMBER:

#### FEB 7 TH:

- KIDS IN RM 8 WITH THEO AND CHRISTIE
- PARENTS IN PHILLIP HALL WITH LEOTA

FEB 21: PARENT MEETING IS CANCELLED

FEB 24: DEADLINE FOR ...

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