



Welcome home

# The Light is On For You

## Examination of Conscience for Children

Jesus loves you so much no matter the mistakes you've made. Lent is a good time to think about those mistakes and say sorry to God in the sacrament of Reconciliation. Confession can seem scary but God tells us, "Be not afraid." Preparing and praying can help us feel ready to meet the Lord who loves us and receive His mercy!

### Responsibilities to God

- Have I prayed every day?
- Have I prayed my morning prayers and night prayers?
- Have I prayed with my parents and family?
- Have I been moody about praying and going to church on Sunday?
- 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?

### Responsibilities to others

- Have I been obedient and respectful to my parents?
- Have I lied or been deceitful to them or to others?
- Have I been arrogant, stubborn or rebellious?
- Have I talked back to parents, teachers or other adults?
- Have I pouted and been moody?
- Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?
- Have I gotten angry at them? Have I hit anyone?
- Have I held grudges or not forgiven others?
- Have I treated other children with respect or have I made fun of them and called them names?
- Have I used bad language?
- Have I stolen anything? Have I returned it?
- Have I performed my responsibilities, such as homework and household chores?
- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?



### How do I go to Confession?

- 1.** First, **pray** to the Holy Spirit to help you, then plan what sins you will tell the priest.
- 2.** The priest **welcomes** you. Make the Sign of the Cross. You may say: "Bless me, Father, for I have sinned."
- 3.** **Tell your sins** simply and honestly to Jesus, who listens through the priest.
- 4.** **Listen** to the priest's advice and remember the penance he tells you to do.
- 5.** Say an **act of contrition**
- 6.** The priest will **absolve** you.
- 7.** Do your **penance** right away if you can! **Thank God** for his mercy and love for you.

### An Act of Contrition

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. In Jesus' name. Amen