

forgive
US OUR TRESPASSES
forgive
THOSE WHO TRESPASS
AGAINST US

Notes about Reconciliation

Please review with your
child at home.

PRACTICE...PRACTICE..

PRACTICE...

Your child is preparing to make their First Reconciliation at the FORGIVEN Retreat. I am sending this home for you to practice with your child on how they will make their First Confession. Your child will be nervous this day, so the best way for them to be less nervous, it is important that they know what to expect and what to say when they enter the confessional. Please PRACTICE...PRACTICE...PRACTICE.

1. Your child will enter the confessional. They can choose to sit face to face or kneel behind the screen
2. They should sit or kneel before the priest and say:
"Bless me Father for I have sinned, this is my FIRST confession."
3. "I am sorry for..." (they should have the sins in mind to confess; We will do an **EXAMINATION OF CONSCIENCE** during the FORGIVEN retreat, also see attachment). We have discussed the meaning of sin—doing something **ON PURPOSE** that they know is wrong.
4. "I am sorry for these sins and the sins of my past..."
5. Father will give the their penance (Please remind them that when they return to their seat they should do their penance quietly and NOT talk to you or anyone around them. They should kneel reverently and do what the priest has instructed them.)
6. They should recite their **ACT OF CONTRITION**.
7. They are to say "Thank you" to the priest and be excused to do their penance back at their seat.

EXAMINATION OF CONSCIENCE FOR CHILDREN

1. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE OTHER GODS BESIDE ME.

- Do I speak (PRAY) to God every day? When I wake up, before meals, before going to sleep?
- As soon as I wake up, do I give (OFFER) Him my school work and all my work of the day?
- Do I remember to THANK God for the good things I have done or received?
- Do I put my trust in good luck charms, palm reading and superstitions, rather than God alone?

2. YOU SHALL NOT USE GOD'S NAME IN VAIN.

- Have I used the words "God" or "Jesus" in anger or with lack of respect?
- Have I used ugly words or language?
- Have I wished evil on another?

3. REMEMBER TO KEEP GOD'S DAY HOLY.

- Do I go to Mass on Sunday unless I had a good reason? (lack of transportation, sickness)
- Do I do all I can to make Sunday a day of rest and joy for my family?
- Do I pay attention to Mass, or do I tease or distract others by talking or playing?
- Do I arrive late at Mass or leave early?

4. HONOR YOUR FATHER AND MOTHER.

- Do I respect and obey my parents?
- Have I treated them badly by word or deed?
- Am I willing to help round the house or must I be nagged a hundred times?
- Do I try to get along with my brothers and sisters? Am I a tattletale or bully?
- Do I try to give good example, especially to younger siblings?
- Do I respect others in authority: baby-sitters, old people, teachers, priests, nuns?

5. YOU SHALL NOT KILL.

- Do I beat up others or hurt their bodies?
- Do I say mean things, or make fun of others to hurt their feelings?
- Am I willing to play with everyone? Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- Do I take care of my health such as eating the right food and taking care of the body God has given me?
- Are there kids I will not play with or be mean to because they look different?

6. YOU SHALL NOT COMMIT ADULTERY.

- Do I treat my body and other people's bodies with respect and purity?
- Do I look at television shows, movies, or pictures that are bad and hurt my soul and mind?
- Am I modest in the clothes I wear and in my speech, remembering that I truly am a daughter/son of God?

7. YOU SHALL NOT STEAL.

- Have I taken things that were not mine from a store or another person?
- Have I broken or misused another person's property on purpose?
- Do I return things that I borrow? In good condition?

8. YOU SHALL NOT LIE (YOU SHALL NOT COMMIT FALSE WITNESS AGAINST YOUR NEIGHBOR).

- Do I tell the truth? Do I say things about other people that are not true?
- Did I cheat in class or in a game?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from being punished?
- Do I tell lies to make another person look bad or get them in trouble?
- Am I a tattletale?

9. YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.

- Do I get mad when I have to share my friends?
- Am I jealous of my siblings and do I want my parent's attention for myself constantly?
- Am I willing to share my things and my time with others?

10. YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.

- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have with my family, friends and poor people?
- Am I jealous or envious of the things others have?
- Am I jealous or envious of the abilities others have?

Reconciliation

Try this:

1. Ask Jesus for help. Jesus said, "Do not be afraid" (Matthew 17:7).
2. Think of your sins since your last confession.
[Examination of Conscience]
3. Go to the priest. Begin with the Sign of the Cross.
The priest welcomes you and may say a prayer.
4. Start your confession: "Bless me, Father, for I have sinned. It has been [give number of days, months, or years] since my last confession."
5. Tell your sins to the priest. If you get stuck, ask the priest for help. When you are finished, say "I am sorry for these and all my sins."
6. Listen as the priest gives some words of encouragement, and an act of penance.
7. Pray your Act of Contrition:

Oh my God, I am heartily sorry for having offended you. 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 occasion of sin. Amen.

8. Receive the priest's absolution of your sins. Make the Sign of the Cross with him, and say "Amen."
9. The priest may praise the Lord by saying "Give thanks to the Lord for he is good." Respond by praying, "His mercy endures for ever." The priest often concludes with "Go in peace." You may thank him.
10. Return to your pew and say your penance.

That was fun! Thank you, Jesus !!!

¡Reconciliación!

Prueba esto:

1. Pídele a Jesús que te ayude. Jesús dijo, "No tengan miedo" (Mateo 17:7).
2. Piensa en tus pecados desde tu última confesión.
[Examen de Conciencia]
3. Ve con el sacerdote. Comienza con la Señal de la Cruz. El sacerdote te da la bienvenida y puede decir una oración.
4. Comienza tu confesión: "Bendígame, Padre, porque he pecado. Ha sido [indica el número de días, meses o años] desde mi última confesión."
5. Dile tus pecados al sacerdote. Si no puedes continuar, pídele ayuda al sacerdote. Cuando hayas terminado, di, "Estoy arrepentido por estos y todos mis pecados."
6. Escucha cuando el sacerdote te dé unas palabras de aliento y te dé un acto de penitencia.
7. Ora el Acto de Contrición:

Dios mío, me arrepiento de todo corazón de todo lo malo que he hecho y de todo lo bueno que he dejado de hacer, porque pecando te he ofendido a ti, que eres el sumo bien y digno de ser amado sobre todas las cosas. Propongo firmemente, con tu gracia, cumplir la penitencia, no volver a pecar y evitar las ocasiones de pecado. Perdóname, Señor, por los méritos de la pasión de nuestro Salvador Jesucristo. Amén.

8. Recibe la absolución del sacerdote de tus pecados. Haz la Señal de la Cruz con él y di, "Amen."
9. El sacerdote puede alabar al Señor diciendo, "Den gracias al Señor porque él es bueno." Responde orando, "Eterna es su misericordia." Frecuentemente el sacerdote concluye diciendo, "Vete en paz." Tú le puedes dar las gracias.
10. Regresa a tu banco y di tu penitencia.

¡Eso fue divertido! ¡Gracias, Jesús!