

St. Aloysius Religious Education
Reconciliation 3rd and 4th grade



The first step in Reconciliation is an honest examination of conscience, look back on your past actions ... of things you've done that you are not so proud of doing ... and the times you turned away from God!

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.

Be sorry for your sins ... for offending our all-loving God.

Make a firm resolution not to sin again and to avoid the occasions of sin.

Examination of Conscience using the Lord's Prayer:

Our Father who art in Heaven, hallowed be thy name.

- Do I think about God every day?
- Do I say the name of God and Jesus with love and respect?
- Do I say my prayers everyday?
- Do I pay attention and participate in 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 parents, family members, 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 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 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?
- Do I say mean things, or make fun of others to hurt their feelings?

Amen.

The second step to a good Confession:

1. Enter the confessional and sit down across from the priest (if going face-to-face) or kneel down in front of the screen (if going anonymous)
2. Make the Sign of The Cross (*“in the name of The Father, The Son and The Holy Spirit”*) and say **“Bless me Father for I have sinned. It has been _____ since my last confession. These are my sins.”**
3. Confess (tell) your sins to the priest.
4. Listen to the priest ... *he will give you some advice on how you can be a better Catholic and open your heart to God and be the person He wants you to be.*
5. The priest will give you a penance -- *it may be a prayer or some kind of action that will help you to be more thoughtful about areas of sinfulness or failing.*
6. The priest will invite you to tell God you are sorry for your sins by saying the 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. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.”**)
7. The priest will give you absolution and offer you Gods forgiveness (*“ I absolve you of your sins in the name of The Father, The Son and The Holy Spirit.”*) as you bless yourself with the Sign of The Cross (*“in the name of The Father, The Son and The Holy Spirit. Amen.”*). Say **“Thank You”** to the priest.
8. Leave the confessional, if necessary go to the Altar and say your penance... feeling uplifted and energized by God’s mercy and love!