

Preparing for the Sacrament of Reconciliation

# Examination of Conscience



(for children aged 11-12)

# Preparing for the Sacrament of Reconciliation

You are reading this because you are about to go to the **sacrament of Reconciliation**. This leaflet will help you prepare.

**Preparation** is key. To make yourself **ready to receive God's forgiveness**, it is important to prepare well.

This preparation is called an *Examination of Conscience*. Remember **God** readily forgives and wants you to **grow as a loving person**.

The questions and suggestions that follow, will help you think about **what** you want to **confess** to God in Reconciliation. You will find some things that you are good at; perhaps you are good at praying. You will find yourself **thinking about things that you could do better**; perhaps being a more helpful friend or sibling. You will also find some questions that do not apply to you.

Begin your preparation with the following prayer:

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

**Loving God,**  
**thank you** for this time together.  
Help me to **prepare well** for Reconciliation  
Help me to **grow in love** for You,  
for my family, friends, classmates, and teachers.  
**Amen**

# My relationship with God

## How I pray

I pray...

- regularly because I love God?
- when I want God to help me make the right choices?
- reluctantly because I feel I must?
- only when I want something from God?
- I don't pray?

## How I attend Mass when I am able

I...

- go willingly because I love God?
- join in the singing and prayers?
- try my best to listen to the Word of God?
- receive the Eucharist prayerfully?
- sometimes go reluctantly?
- sometimes choose not to go?



# My relationship with other people

## How I treat my family and the people I live with

I...

- love and respect them?
- help them even when it is not convenient?
- show them I appreciate what they do for me?
- tease and argue with my siblings?
- hold grudges?

## How I treat my teachers, classmates, and friends

I...

- respect them?
- do my homework as well as I can?
- forgive them when they hurt me?
- do not pay attention in class?
- make fun of them behind their backs?
- sometimes hurt them by the way I use my cellphone and other devices?
- use crude language and jokes?



## How I make choices

I choose what...

- is the right thing to do?
- everyone else is doing?
- suits me?
- makes me popular?

# My relationship with God's Creation

(The environment)



## How I treat the environment

I...

- look after the environment?
- do not think about the effect I have on the environment?
- am wasteful?

Now ask God to help you make a good Reconciliation.

Know **He loves you.**

Know **He is waiting** for you to come to him.