

**Parents: Please take time to go through this with your child in order to help prepare them for their First Reconciliation. Remember, Reconciliation is God's way of bringing us back to Himself. Treat this as a prayerful exercise and ask the Holy Spirit to be with you and your child as you prepare to receive the sacrament.**

### **An Examination of Conscience for Children using 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?*