

**AGES 7-9**

SAMPLE - DO NOT REPRODUCE

1

In this lesson, your child will learn about the **Ten Commandments** and the **Beatitudes**.

2

**You will need:**

- a Bible
- a slip of paper and pen or pencil for each person
- a candle and match/lighter
- a small basket or bowl

3

**A Love Story.** Explain that the Bible is the story of God's love for us. Jesus is God's Son – and he is the “way, the truth, and the life.” He is risen and he is here among us right now. The whole Bible leads up to Jesus – and there will not be another Bible ever.



**God teaches us what is right and wrong through the Bible...**

**...and the teachings of the Church.**



## What does God teach us?

- To **love God** above all things
- To **love others** as much as we love ourselves
- To **be sorry** for our sins when we do the wrong thing

**To be a child of God!**

4

Explain that **God is still speaking to us**, even though the Bible is complete and finished.

God speaks now through the living Church – and through the leaders of the Church: the Pope, bishops, pastors, and teachers (lay people, sisters, and brothers). Through these two sources (Bible and Church) we learn how to live as God wants us to.





# Prayer Celebration

1

**Pray** this with your child, helping him or her follow along. If a leader is guiding the process, follow their lead. Otherwise, speak the leader parts below.

If you have a candle available, light it now. Have the slips of paper and basket/bowl available.

**Growing up Catholic means knowing how God wants us to live**

**Everyone begins by making the Sign of the Cross.**

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Leader: Jesus, we thank you for teaching us about love.

All: **Help us love each other more.**

Leader: We know you are here in this room now, Jesus, because you promised to always stay with us.

All: **Please help us grow in our faith, Jesus.**

Leader: Unite us as your family, sharing all things in common.

All: *Please listen to the reading: Luke 10:25-28.*

Leader: The Gospel of the Lord.

All: **Praise to you, Lord Jesus Christ!**

2

At this point, open your Bible and **read these verses out loud.**

3

**Use the talking points** at the top of the next page to reflect on the reading with your child, pausing to let your child respond to questions and sharing your own answers.



- In this short reading, Jesus tells us what the Great Commandment is. In all of the things Jesus taught us, this is the most important. **Can you say what it is, in your own words?** *(To love God above everything, and also love other people.)*

- As we get ready to celebrate the Sacrament of Reconciliation, we are going to learn more about what this means, because sometimes we don't do this. Sometimes we love only ourselves. We don't pay attention to what others need.
- But Jesus helps us. He gives us courage and strength to love like he asked us to.

4

Each on your own slip of paper, write down one way you will promise Jesus to love more. What will you promise him? (e.g. to forgive, to help others, to say my prayers, to be good, to tell the truth, and so forth).

Place the slips in your prayer basket/bowl.

Leader: Let us pray together.

Please pause after each line:

All: **Dear Jesus,**  
**We know that you love us very much.**  
**We also want to love like you do.**  
**And now we promise to do that**  
**And we ask for you to help us. Amen.**



### From Pope Francis

In preaching about the Good Samaritan, Pope Francis said, "Open up your heart and listen to what God is saying to you. Allow your life to be 'written' by God. Just as the Good Samaritan did when he stopped to help the stranger, we must all listen to God's voice and sometimes put our own projects on hold to do his will." He continued, "Do you have the capacity to find the word of God in the story of each day? Or are your ideas the ones that you hold up and you do not let the surprises of the Lord speak to you?"



We want your child to understand that the rules from the Bible and the Church are not to make our lives harder, but are **"Rules of Love."** Ask your child about **your family rules**. Who makes the family rules? Why do we have them? Your answer might be:

- So we can live together in peace
- To help us love each other
- So everyone in the family is treated fairly

1

Now help your child to **understand the Ten Commandments**. This is a BIG lesson for a young child from the book of Exodus 20:1-17.

Ask your child to read the list on the left first, then read the list on the right – and to connect each idea to one of the Commandments. (Here is the answer key: 1-I, 2-E, 3-A, 4-D, 5-C, 6-H, 7-J, 8-B, 9-G, 10-F.)

2

3

Explain that the Ten Commandments are part of the core of all our teachings about how God wants us to live. Ask your child to **give an example** from his or her life for each Commandment, realizing that #6 may be beyond their reach as a youngster.

4

Return to the **Great Commandment** from the Prayer Celebration page. Explain that the Ten Commandments are all contained in that one teaching of Jesus: to love God with our whole selves and to love our neighbors as ourselves.





# God's Rules of Love

## The 10 Commandments – The Beatitudes – Jesus' Teachings

Draw a line from the Commandment on the left to what it means on the right.

### Commandment

1. Love God above everything else
2. Never cuss or use God's name for bad reasons
3. Keep Sunday holy
4. Honor your mom and dad
5. Never hurt or kill others
6. Be faithful to the one you marry
7. Never steal anything
8. Always tell the truth
9. Don't be jealous of what others have
10. Be satisfied with what you've got

### What It Means

A. Attend Mass on Sunday and don't do work you don't have to
B. Tell the truth, even when it's hard
C. Protect everything that is living – and don't kill
D. Obey your parents and love them
E. Respect God's name and don't use it to curse others
F. Grow to see that you have enough and don't need anything more
G. Be happy for what others have and don't look at it with envy
H. Remain loyal and truthful to your spouse
I. Make loving God the number one thing in your life
J. Don't take anything that does not belong to you



Ask your child to read this story of **"The Good Samaritan"** aloud and then re-tell it in his or her own words.

1

2

This story introduces the idea that **sin hurts our relationship to others**. Explain that sin is not always when we do something wrong; sometimes it is when we fail to do something right. For example, in this story, the two people who passed by did not break any law, except for the Great Commandment.

3

Now ask your child to think of **how this story is repeated in his or her own life** from time to time. Examples might include:

- (1) when a new child comes into class and no one will befriend him or her;
- (2) when someone in your family needs help but everyone else is watching TV or playing a computer game and won't help;
- (3) when someone is sick and someone else stops what they are doing to help them.





# Meeting Jesus in the Bible

Jesus teaches us to go beyond the Ten Commandments and really love each other!  
In this Gospel story, he helps us see how far he wants us to go.

## The Person Who Needed Help

*(Based on Luke 10:25-37)*

Someone asked Jesus:

“Who am I supposed to love as my neighbor?”

To answer, Jesus told him a story:

“There was a man going from one town to another all by himself,  
but he was robbed and beaten and left to die.

Coming down this same road was a very important person.

He saw the man who was robbed, but went around him  
and didn’t stop to help.

Later another important person came by,  
but he did not stop to help either.

But then someone from another country came by,  
saw this poor fellow, and was moved with pity.

He tended his wounds, poured lotion on them,  
took him to a local hotel and took care of him.

The next day, he gave the hotel manager some money  
and asked him to help, too.”

Then Jesus asked the man,

“Which one of these three people  
was a neighbor to the man who got robbed?”

He said, “The one who stopped and helped him.”

“That’s right,” Jesus said, “Go and do the same.”





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**Time for a break!** Help your child enjoy coloring this image of the Bible story. Coloring time is a good time to be close to your child without necessarily talking about faith. Don't be afraid to put your arm around your child during this time.

1





# Color This Picture



Explain to your child that the Beatitudes are Jesus' teachings. Using the Scripture passage in Matthew, help your child complete each Beatitude. Make sure he or she understands each word of this passage. Here is a partial guide for you:

- **poor in spirit** = willing to share what you have
- **thirst for righteousness** = want to do what is right
- **pure in heart** = to have a simple faith in God
- **persecuted** = when people treat you poorly for doing what's right

1



Let your child complete the exercise. The answers are 1. heaven, 2. comforted, 3. the earth, 4. filled, 5. mercy, 6. God, 7. God, 8. heaven.

2





# The Beatitudes

Work together to complete the following.

Many people were following Jesus.

They wanted to learn what he was teaching.

One day, there were so many

that he went up on a mountain  
and taught people all day long.



## What did he teach?

Circle the correct word to finish each of the Eight Beatitudes.

Blessed are the poor in spirit,  
for theirs is the kingdom of  
**(HEAVEN, EARTH).**

Blessed are the merciful,  
for they shall obtain  
**(JUDGMENT, MERCY).**

Blessed are those who mourn,  
for they shall be  
**(WEeping, COMFORTED).**

Blessed are the pure in heart,  
for they shall see  
**(GOD, NO ONE).**

Blessed are the meek,  
for they shall inherit  
**(THE EARTH, NOTHING).**

Blessed are the peacemakers,  
for they shall be called sons of  
**(GOD, THUNDER).**

Blessed are those who hunger  
and thirst for righteousness,  
for they shall be  
**(FILLED, EMPTY).**

Blessed are those who are  
persecuted for righteousness' sake,  
for theirs is the kingdom of  
**(EARTH, HEAVEN).**

(Based on Matthew 5:3-10)



In this lesson, your child will learn about what it means to say **aloud the sins** which he or she has committed. Assure your child that they can trust the priest to listen and help.

1

Ask your child to tell you what he or she knows about **priests**. The Church chooses priests to be our leaders in the parish. They lead the Mass and other prayers. They go to a school called the seminary to prepare for their life work ministering to others.

2

3

In Reconciliation, priests represent both Christ and the Church community. Explain that God forgives us and the priest helps us to know and celebrate that. We **need** to tell our sins and receive absolution because:

1. on our own we can't fully realize how God forgives us,
2. otherwise we become immune to admitting our sins,
3. we need to start over now and then,
4. by doing this, God gives us a special grace or power to improve our lives,
5. we feel lighter and freer after we confess.





# Sacrament of Reconciliation

## Confessing Our Sins

**How do we confess our sins to the priest?**

Use these words to begin:

**Bless me, Father, I have tried hard to be good but I have committed some sins.**

Then tell the priest the ways you have sinned.

- The priest will not tell anyone what you tell him; he promises to keep it secret.
- Be honest and open with the priest.
- He represents Jesus, and his job is to remind you how much Jesus loves you and that Jesus forgives you.



*Reconciliation*

## The Priest Responds

- He may ask you questions or give you advice because he wants to help.
- He will give you a penance – something to do or say to help “make up” for your sins.
- The priest also represents the whole community of the Church
- Every sin hurts other people in some way (even if you can’t see how it does), so the priest speaks the words of forgiveness on behalf of everyone.

## 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.

Our Savior Jesus Christ suffered and died for us.

In his name, my God, have mercy.



This week, help your child learn the **Act of Contrition** and go through his or her first **Examination of Conscience** (see next page). Check out the online page for this lesson at [GrowingUpCatholic.com/r3](http://GrowingUpCatholic.com/r3).

1

### Closing prayer

Dear Jesus,  
we know you are with us here.  
You are present in this room.  
We love you  
and want to love you more.  
Help us be more loving this week.  
Thank you for giving us faith.  
Increase our faith every day.

Now let us pray together:

**Glory Be to the Father,  
and to the Son,  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end, Amen.  
In the Name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.**





# At Home This Week

## The Act of Contrition

We present this little prayer in three forms here. The first (which is within the lesson above) is the form approved for use in the Rite of Reconciliation in 1975. The second is the more traditional form, which children may also learn as they grow older. The third is a simpler form which may be more understandable to a seven or eight year old child.

### The traditional Act of Contrition

O my God, I am heartily sorry for having offended thee and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend thee, my God, who are all good and deserving of all my love.

I firmly resolve, with the help of thy grace, to confess my sins, to do penance, and to amend my life.

Amen.

### A simple Act of Contrition

Dear God, I am very sorry for any ways that I failed to love and committed sins.

I'm sorry because I know you love me very much. I promise to do better and I know you will help me.

Amen.

## At Home This Week

- Read through the Act of Contrition prayers and choose one to start memorizing.
- Use the Examination of Conscience found in the Parent pages to practice looking over past actions and considering how we have sinned.



### Tips and Activities for This Week

<http://GrowingUpCatholic.com/r3>







# An Examination of Conscience for Children

## Based on The Lord's Prayer

Begin by asking your child to recite from memory the Our Father. Explain that the names "Lord's Prayer" and "Our Father" refer to the same thing. If your child has not yet memorized it, this is a good time to do so.

Invite your child to take the Our Father line-by-line as in this material, and ask him or herself the questions here. They can write or draw their answers on a separate page.

Give plenty of time for this, or do it in two or three occasions during the week.

**Our Father who art in heaven,  
hallowed be 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?



**AGES 10-14**

SAMPLE - DO NOT REPRODUCE

1

In this lesson, your child will learn about the **Ten Commandments** and the **Beatitudes**.

2

**You will need:**

- a Bible
- a slip of paper and pen or pencil for each person
- a candle and match/lighter
- a small basket or bowl

3

**A Love Story.** Explain that the Bible is the story of God's love for us. Jesus is God's Son – and he is the “way, the truth, and the life.” He is risen and he is here among us right now. The whole Bible leads up to Jesus – and there will not be another Bible ever.



**God teaches us what is right and wrong through the Bible...**

**...and the teachings of the Church.**



## What does God teach us?

- To **love God** above all things
- To **love ourselves**, which means honoring our bodies, minds, and spirits since we are created in the image of God.
- To **love others** as much as we love ourselves
- To **be sorry** for our sins when we do the wrong thing

**To be a child of God!**

4

Explain that **God is still speaking to us**, even though the Bible is complete and finished.

God speaks now through the living Church – and through the leaders of the Church: the Pope, bishops, pastors, and teachers (lay people, sisters, and brothers). Through these two sources (Bible and Church) we learn how to live as God wants us to.





# Prayer Celebration

1

**Pray** this with your child, helping him or her follow along. If a leader is guiding the process, follow their lead. Otherwise, speak the leader parts below.

If you have a candle available, light it now. Have the slips of paper and basket/bowl available.

**Growing up Catholic means knowing how God wants us to live**

**Everyone begins by making the Sign of the Cross.**

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Leader: Jesus, we thank you for teaching us about love.

All: **Help us love each other more.**

Leader: We know you are here in this room now, Jesus, because you promised to always stay with us.

All: **Please help us grow in our faith, Jesus.**

Leader: Unite us as your family, sharing all things in common.

All: *Please listen to the reading: Luke 10:25-28.*

Leader: The Gospel of the Lord.

All: **Praise to you, Lord Jesus Christ!**

2

At this point, open your Bible and **read these verses out loud.**

3

**Use the talking points** at the top of the next page to reflect on the reading with your child, pausing to let your child respond to questions and sharing your own answers.



- In this short reading, Jesus tells us what the Great Commandment is. In all of the things Jesus taught us, this is the most important. **Can you say what it is, in your own words?** *(To love God above everything, and also love other people.)*

- As we get ready to celebrate the Sacrament of Reconciliation, we are going to learn more about what this means, because sometimes we don't do this. Sometimes we love only ourselves. We don't pay attention to what others need.
- But Jesus helps us. He gives us courage and strength to love like he asked us to.

4

Each on your own slip of paper, write down one way you will promise Jesus to love more. They might include:

- Be respectful of my parents
- Talk with Jesus/pray
- Do my chores
- Practice telling the truth in little and big matters, etc

Place the slips in your prayer basket/bowl.

5

**Promises.** Ask your child to talk about other promises they might make: to a friend, to you, or even to themselves. Help your child understand the sacred nature of a promise – we don't break our promises unless the original promise we made was wrong (a promise to lie for a friend). Now complete the activity (which is on the following page) together with your child.

Leader: Let us pray together.

Please pause after each line:

All: **Dear Jesus,**  
**We know that you love us very much.**  
**We also want to love like you do.**  
**And now we promise to do that**  
**And we ask for you to help us. Amen.**



### From Pope Francis

In preaching about the Good Samaritan, Pope Francis said, "Open up your heart and listen to what God is saying to you. Allow your life to be 'written' by God. Just as the Good Samaritan did when he stopped to help the stranger, we must all listen to God's voice and sometimes put our own projects on hold to do his will." He continued, "Do you have the capacity to find the word of God in the story of each day? Or are your ideas the ones that you hold up and you do not let the surprises of the Lord speak to you?"



We want your child to understand that the rules from the Bible and the Church are not to make our lives harder, but are **"Rules of Love."** Ask your child about **your family rules**. Who makes the family rules? Why do we have them? Your answer might be:

- So we can live together in peace
- To help us love each other
- So everyone in the family is treated fairly

1

Now help your child to **understand the Ten Commandments**. They can be found in Exodus 20:1-17.

Ask your child to read the list on the left first, then read the list on the right – and to connect each idea to one of the Commandments. (Here is the answer key: 1-I, 2-E, 3-A, 4-D, 5-C, 6-H, 7-J, 8-B, 9-G, 10-F.)

2

3

Explain that the Ten Commandments are part of the core of all our teachings about how God wants us to live. Ask your child to **give an example** from his or her life for each Commandment.

4

Return to the **Great Commandment** from the Prayer Celebration page. Explain that the Ten Commandments are all contained in that one teaching of Jesus: to love God with our whole selves and to love our neighbors as ourselves.





# God's Rules of Love

## The 10 Commandments – The Beatitudes – Jesus' Teachings

Draw a line from the Commandment on the left to what it means on the right.

### Commandment

1. Love God above everything else
2. Never cuss or use God's name for bad reasons
3. Keep Sunday holy
4. Honor your mom and dad
5. Never hurt or kill others
6. Be faithful to the one you marry
7. Never steal anything
8. Always tell the truth
9. Don't be jealous of what others have
10. Be satisfied with what you've got

### What It Means

A. Attend Mass on Sunday and don't do work you don't have to
B. Tell the truth, even when it's hard
C. Protect everything that is living – and don't kill
D. Obey your parents and love them
E. Respect God's name and don't use it to curse others
F. Grow to see that you have enough and don't need anything more
G. Be happy for what others have and don't look at it with envy
H. Remain loyal and truthful to your spouse
I. Make loving God the number one thing in your life
J. Don't take anything that does not belong to you



Ask your child to read this story of “**The Good Samaritan**” aloud.

1



2

In this story Jesus teaches us that **sin hurts our relationship to others**. Explain to your child that sin is not always when we do something wrong. Sometimes it is when we fail to do something right.

Explain that the two people who passed by (verses 31 and 32) did not break any apparent law. But they passed up a chance to do good. Therefore, they broke the Great Commandment. The Great Commandment is that we love God above all, and love our neighbor as ourselves.

3

Now ask your child to think of **how this story is repeated in his or her own life** from time to time. Examples might include:

1. when a new child comes into class and no one will befriend him or her;
2. when someone in your family needs help but everyone else is on their phones or playing a video game and won't help;
3. when someone is sick and someone else stops what they are doing to help them.

Use the exercise on the following page to guide you.







# Meeting Jesus in the Bible

As we prepare for First Reconciliation, we want to get to know Jesus better, to pay attention to how he lived, things he said, and how he acted with others so we can decide if we want to live like he did.

**Jesus teaches us that sin hurts others. Failing to do good deeds of which we are capable may be sinful.**

**From Luke 10:25–37 (NRSV)**

Just then a lawyer stood up to test Jesus.

"Teacher," he said, "what must I do to inherit eternal life?"

He said to him, "What is written in the law? What do you read there?"

He answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself."

And he said to him, "You have given the right answer; do this, and you will live." But wanting to justify himself, he asked Jesus, "And who is my neighbor?"

Jesus replied, "A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them.

Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, 'Take care of him; and when I come back, I will repay you whatever more you spend.' Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?"

He said, "The one who showed him mercy." Jesus said to him, "Go and do likewise."



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1

Invite your child to think about a time in which he or she chose to do good. Possible answers are given in our notes.

- A. Introduce yourself to the new child. Invite him or her to join you and meet your friends. Do this even if this new person appears “different” from you.
- B. Speak up and tell those who have the gossip not to repeat it. It may be hard to do this but, in the end, you will feel much better about yourself.
- C. When you cheat, you know in your heart you are doing something wrong. Instead, refuse to be part of cheating, and let your teacher know the answers to the test are available.
- D. We who have the ability to help others must do so. Give some of your money to help the poor or help in a fundraiser.





# How Do I Do Good?

## Learning to do good for others and the world

We are called to avoid what we know is sinful – being selfish and acting in ways that hurt others. But we are also called to be active in doing good. When we see an opportunity to speak up or take an action that will help others, our earth, or even ourselves, we must do that. What are these opportunities to do good?

For each of these situations, tell what good actions you could do:

The Situation	The Good You Could Do
A new student comes into your class in school.	
You hear gossip about someone whom a lot of people don't like.	
You find out you can easily cheat on a test in school.	
You hear about people who live in terrible poverty in other parts of the world.	



Explain to your child that the Beatitudes are Jesus' teachings. Make sure he or she understands each phrase from the Scripture passage. Here is a partial guide for you:

- **poor in spirit** = willing to share what you have
- **thirst for righteousness** = want to do what is right
- **pure in heart** = to have a simple faith in God
- **persecuted** = when people treat you poorly for doing what's right

1





# The Beatitudes

Work together to complete the following.

Many people were following Jesus.

They wanted to learn what he was teaching.

One day, there were so many

that he went up on a mountain  
and taught people all day long.



## What did he teach?

He taught some things that seem contrary to how many in the world think. Like other teachings of his, Jesus' words turn our thinking upside down.

Blessed are the poor in spirit,  
for theirs is the kingdom of  
**HEAVEN.**

Blessed are the merciful,  
for they shall obtain  
**MERCY.**

Blessed are those who mourn,  
for they shall be  
**COMFORTED.**

Blessed are the pure in heart,  
for they shall see  
**GOD.**

Blessed are the meek,  
for they shall inherit  
**THE EARTH.**

Blessed are the peacemakers,  
for they shall be called sons of  
**GOD.**

Blessed are those who hunger  
and thirst for righteousness,  
for they shall be  
**FILLED.**

Blessed are those who are  
persecuted for righteousness' sake,  
for theirs is the kingdom of  
**HEAVEN.**

(Based on Matthew 5:3-10)



In this lesson, your child will learn about what it means to say **aloud the sins** which he or she has committed. Assure your child that they can trust the priest to listen and help.

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2. otherwise we become immune to admitting our sins,
3. we need to start over now and then,
4. by doing this, God gives us a special grace or power to improve our lives,
5. we feel lighter and freer after we confess.





# Sacrament of Reconciliation

## Confessing Our Sins

### How do we confess our sins to the priest?

Use these words to begin:

**Bless me, Father, I have tried hard to be good but I have committed some sins.**

Then tell the priest the ways you have sinned.

- The priest will not tell anyone what you tell him. In fact, he can lose his position as a priest if he ever reveals what anyone tells him during a confession. Some priests have even gone to jail because they refused to reveal during a trial what a person said to them in the confessional.
- Be honest and open with the priest.
- He represents Jesus, and his job is to remind you that Jesus forgives you and continues to want to be your friend even though you aren't perfect.



*Reconciliation*

## The Priest Responds

### What is the first thing the priest will do when you enter the room?

- He may ask you questions or give you advice because he wants to help.
- He will give you a penance – something to do or say to help “make up” for your sins.
- The priest also represents the whole community of the Church
- Every sin hurts other people in some way, (even if you can't see how it does) so the priest speaks the words of forgiveness on behalf of everyone.

## 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.  
Our Savior Jesus Christ suffered and died for us.  
In his name, my God, have mercy.



This week, help your child learn the **Act of Contrition** and go through his or her first **Examination of Conscience** (see pages 15-16). Check out the online page for this lesson at [GrowingUpCatholic.com/r3](http://GrowingUpCatholic.com/r3).

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### Closing prayer

Dear Jesus,  
we know you are with us here.  
You are present in this room.  
We love you  
and want to love you more.  
Help us be more loving this week.  
Thank you for giving us faith.  
Increase our faith every day.

Now let us pray together:

**Glory Be to the Father,  
and to the Son,  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end, Amen.  
In the Name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.**







# At Home This Week

## The Act of Contrition

We present this little prayer in two forms here. The first (which is within the lesson above) is the form approved for use in the Rite of Reconciliation in 1975. The second is the more traditional form, which children may also learn as they grow older.

### The traditional Act of Contrition

O my God, I am heartily sorry for having offended thee and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend thee, my God, who are all good and deserving of all my love.

I firmly resolve, with the help of thy grace, to confess my sins, to do penance, and to amend my life.

Amen.

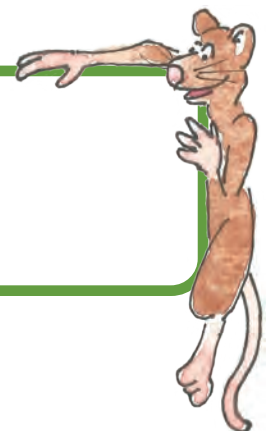
## At Home This Week

- Read through the Act of Contrition prayers and choose one to start memorizing.
- Use the Examination of Conscience found on page 16 to practice looking over past actions and considering how we have sinned.



### Tips and Activities for This Week

<http://GrowingUpCatholic.com/r3>





# An Examination of Conscience for Children

## Based on The Lord's Prayer

Begin by asking your child to recite from memory the Our Father. Explain that the names "Lord's Prayer" and "Our Father" refer to the same thing. If your child has not yet memorized it, this is a good time to do so.

Invite your child to take the Our Father line-by-line as in this material, and ask him or herself the questions here. They can write or draw their answers on a separate page.

Give plenty of time for this, or do it in two or three occasions during the week.

**Our Father who art in heaven,  
hallowed be 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?

