

Year C - Second Sunday of Advent

Luke 3: 1-6

Examination of Conscience



Overview

- An Examination of Conscience is a tool we use before the Sacrament of Reconciliation to help us prepare. The children in your context or some of them may not have made completed their first reconciliation yet, but this simple version of an Examination can still help them reflect on those things in their life that are separating them from Jesus.
- Have a focal area (like a prayer space) set up at one end of the room and have the children stand at the other end. With every question, you read out get the children to take a step closer to the prayer space. The idea is that it's when we try to reconcile with Jesus and make these things right, we draw closer to Jesus.

Examination of Conscience

- Explain that they do not have to answer these questions out loud, just reflect on them in their heart and share their answers with Jesus.

Have I been disrespectful to my parents? To my family? To my teachers?

Have I lied to anyone?

Have I gotten angry at anyone? Have I been stubborn or rude?

Have I been selfish?

Have I hurt anyone? With my actions or my words? Have I bullied anyone?

Have I taken something that isn't mine? Did I give it back?

Have I not done what's been asked of me, at home or at school?

Have I let someone down?

Have been acting spoilt? Demanding presents for Christmas?

Have I tried to put others first?

Have I spent time with God lately? Have I prayed every day?

By the time you have finished these questions, the children should be close to the focal point. encourage them to come a little closer if needed. This is the time where they can give Jesus their sorry and give them their hearts. Encourage the children to write on a heart-shaped piece of paper something they are sorry for and lay it down in the prayer space. Alternatively, they could reflect on what they are sorry for and say sorry in their heart.

Let them know that Jesus has heard all their prayers, heard what they are sorry for and he will always forgive us when we are truly sorry. End with a game or fun activity to lift their moods back up.

