



My First Penance Workbook

Name: _____

Parent Signature/Date: _____

Adam & Eve

The Book of Genesis tells the story of **Adam and Eve**, the first man and woman. After God created the heavens and the earth, He created human beings to know Him, to love Him, to serve Him, and to live with Him now and forever.

Adam and Eve, like all of us, were **created in God's image and likeness**. This does not mean we look exactly like God in appearance. Instead, it means we are able to know and love God. We are created with great dignity, meaning we are worthy of respect, for we are created special by God.

God gave us a **mind** that make us capable of knowing God. He gave us **free will** that gives us the ability to make the choice to love and follow God. God also gave us a **soul**. We are called by God to share in His grace, which is a share in God's life. With grace, our soul will never die.

Although Adam and Eve were different, they were created **equal in dignity**. This means that they were both worthy of love and respect. No one was better than the other. With their different gifts, they could help each other in life, grow in holiness and raise a family.

Among the many gifts God gave them, the most precious is the share of God's own life in their soul. This is called **grace**.

With the life of grace, Adam and Eve could be completely happy. They could live with God forever.

Adam and Eve are our **first parents**. Because they are our parents, we receive the same gifts from God.



Adam & Eve

Review Questions

First man: A _ _ _ _

First woman: E _ _ _

They were equal in
d_ _ _ _ _ but had
different g_ _ _ _ that
complemented each other.

Circle all the gifts God gave
Adam & Eve.
Put a star next to God's most
precious gift.

Soul
Mind
Sin
Free will
Grace

TRUE OR FALSE: Write "T" if the
statement is True or "F" if the
statement is False.

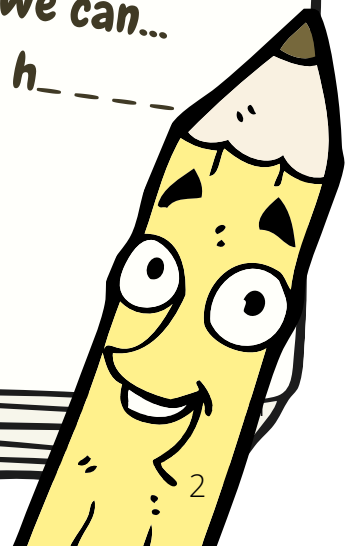
Adam and Eve were created
to look exactly like God in
appearance.

Adam and Eve are our first
parents.

G_ _ _ _ _ is a share in God's
life.

With God's grace, we can...

- Be completely h_ _ _ _ _
- Live with God
f_ _ _ _ _

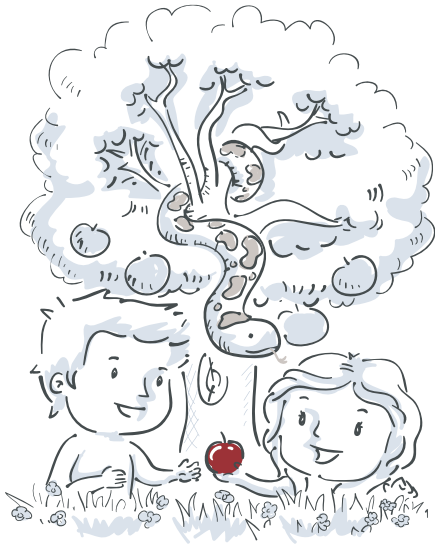


Adam & Eve

Coloring Page



The Fall of Adam & Eve



Adam and Eve lived in a beautiful paradise that God had created called the Garden of Eden. There were many animals to talk to and play with and all sorts of different fruit trees to eat. In the middle of the Garden, there were two trees: the **Tree of Life** and the **Tree of Knowledge of Good and Evil**.

God told Adam and Eve that they could eat as much fruit from the trees of the garden as they wanted, except one. He warned them that they must never, ever eat the fruit from the Tree of the Knowledge of Good and Evil. If they ate the fruit of this tree, they would die.

The devil, disguised as a **serpent**, tempted Eve to disobey God by presenting the fruit as "good for food and pleasing to the eyes, and the tree was desirable for gaining wisdom." So, Eve ate the fruit and gave it to Adam, who also ate it. As soon as they ate it, they felt shame and hid themselves.

When Adam and Eve disobeyed God, they committed a sin. Their sin is called **Original Sin**.

By disobeying God, they lost the special gifts He had given them. They could no longer see and talk to God. Before sin, they would talk to God freely and unafraid. Now they hide and fear God. From that time on, life would not be easy for them. They would have to work hard. They would get sick and die. Original sin made Adam and Eve fight and blame each other. An **angel** was sent to lead them from the Garden of Eden.

The Result of Original Sin

The most precious gift that Adam and Eve lost was the share in God's life, also known as grace. Without grace, they could no longer live with God forever. Without grace, they became easily tempted and would sin again.

Since Adam and Eve did not have God's life (grace) anymore, they could not pass it on to their children. Because of the effects of Original Sin, we, their children, would be born without grace.

As children of Adam and Eve, we would have to work hard and suffer. We would get sickly and later die. We would get confused and make wrong choices. We would no longer easily get along with each other. We would no longer be in friendship with God.



Fall of Adam & Eve

Review Questions

God told Adam and Eve not to eat the f _ _ _ _ from the Tree of Knowledge of Good and Evil.

They did not listen to God. They listened to the s _ _ _ _ _ .

When Adam and Eve disobeyed God, they committed a sin. This is called O _ _ _ _ _ .
S _ _ _ .

As a result, they lost a share in God's life. They lost G _ _ _ _ _ .

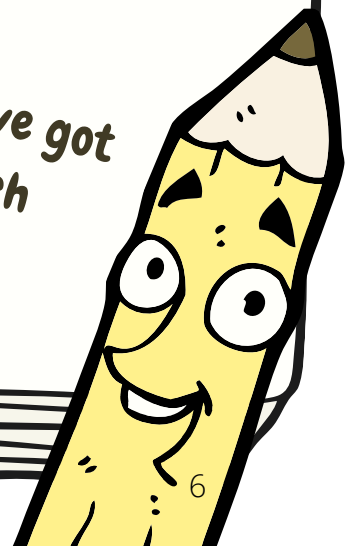
Describe what happened after Adam & Eve sinned.

BEFORE: They could live happily with God forever.
AFTER:

BEFORE: They could see and talk to God.
AFTER:

BEFORE: They had everything they needed in the Garden of Eden.
AFTER:

BEFORE: Adam & Eve got along well with each other.
AFTER:



The Fall of Adam & Eve

Number the pictures in the right order.



One day the snake told Eve to eat the fruit.



Adam and Eve lived in the garden of Eden.



Adam and Eve knew they had done wrong. They had disobeyed God.



Eve ate the fruit.



God made them leave the garden and put an angel at the gate.



God told them not to eat fruit from the tree in the middle of the garden.



Eve shared the fruit with Adam.

The Promise of a Savior



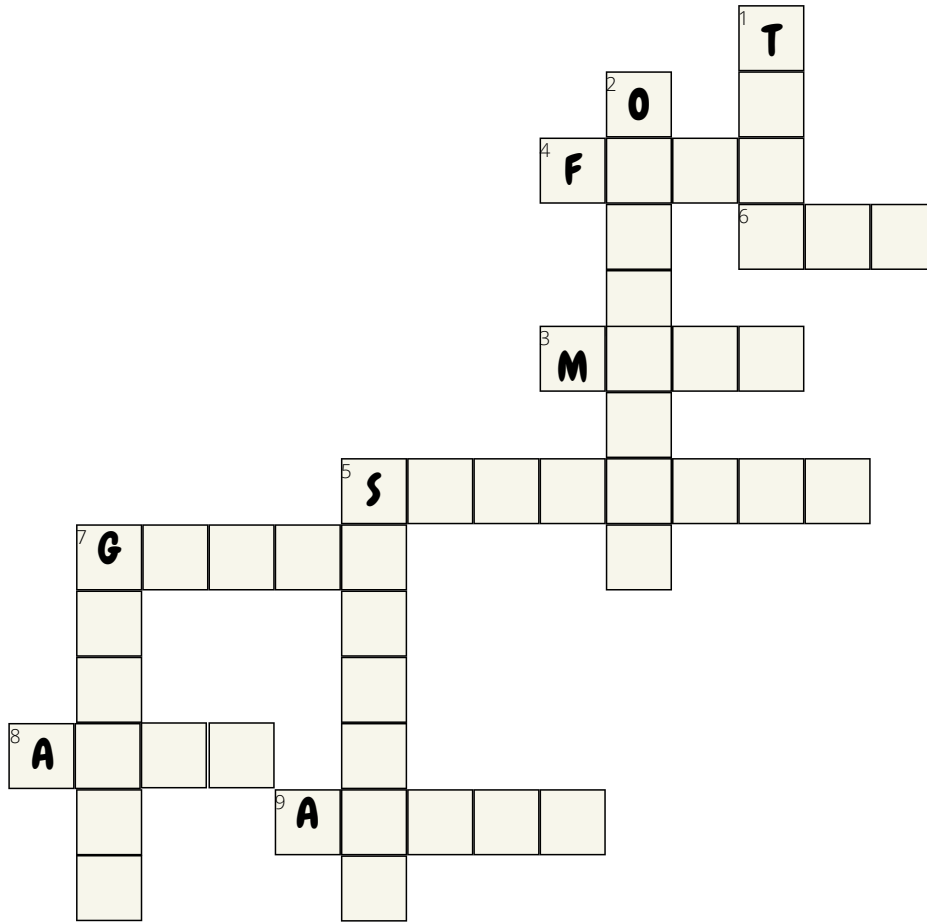
God did not abandon Adam and Eve. He continued to love them even after they sinned. He even clothed them before sending them away.

God knew that Adam and Eve and their children would not be able to return to Heaven on their own. He knew that because of Original Sin, they would be weak and easily tempted. They needed a **Savior** to help them and their children to one day return to the life of grace and regain their friendship with Him. The Savior would win back God's life or grace for them and all their children.

God promised that He would send a Savior to conquer evil and crush the serpent. But God did not tell them when the Savior would come.

Adam and Eve waited and prayed for the Savior to come. Their children waited and prayed for the Savior. But He did not come. They soon grew up and had families of their own. Still the Savior did not come, but the people knew that God could keep his promise. They continued to wait and pray for the Savior to come. It would take hundreds of years before the Savior would come.

Activity Page



ACROSS

3. God's gift to man that allows them to know things.
4. ____ Will is God's gift to man that allows them to choose.
5. Adam and Eve were to be _____ of God's creation
6. The first woman
7. God's most precious gift that is a share in God's life.
8. The first man
9. Banished the first man and woman from the Garden.

DOWN

1. God forbade the first man and woman from eating the fruit from the _____ of Knowledge.
2. The sin of the first man and woman is called _____ Sin.
5. The devil in disguise
7. The _____ of Eden, Where the first man and first woman lived.

The Savior Comes



From all the people in the world, God chose **Abraham** to have a special relationship with Him. Abraham was a man of great faith and he loved God and followed Him. Because of Abraham's faith, God promised that he would be the father of a great nation and from this people would come the Promised Savior.

God chose the people of Israel to become His **Chosen People**. The **Israelites or the Jews** were not powerful or rich but God chose them to have a special relationship with Him. We call this special relationship, a covenant. A **covenant** is a promise by God that He would always be with the Jewish people and He would always protect them. The Jewish people promised that they would worship and obey the one true God. God would show His love for mankind through His love for His Chosen People.

God prepared one Jewish girl, **Mary**, to be the mother of the Savior. He chose **Joseph** to be the foster father of Savior. Together, they waited and prayed for the Savior to come.

When the time finally came, God kept His promise and proved His love for us by sending his only beloved Son, **Jesus**, to be our Savior. Jesus would save us by obeying the Father and undoing the sin of Adam and Eve. He would give us back the gift of grace, God's life, that was lost through the disobedience of Adam and Eve.

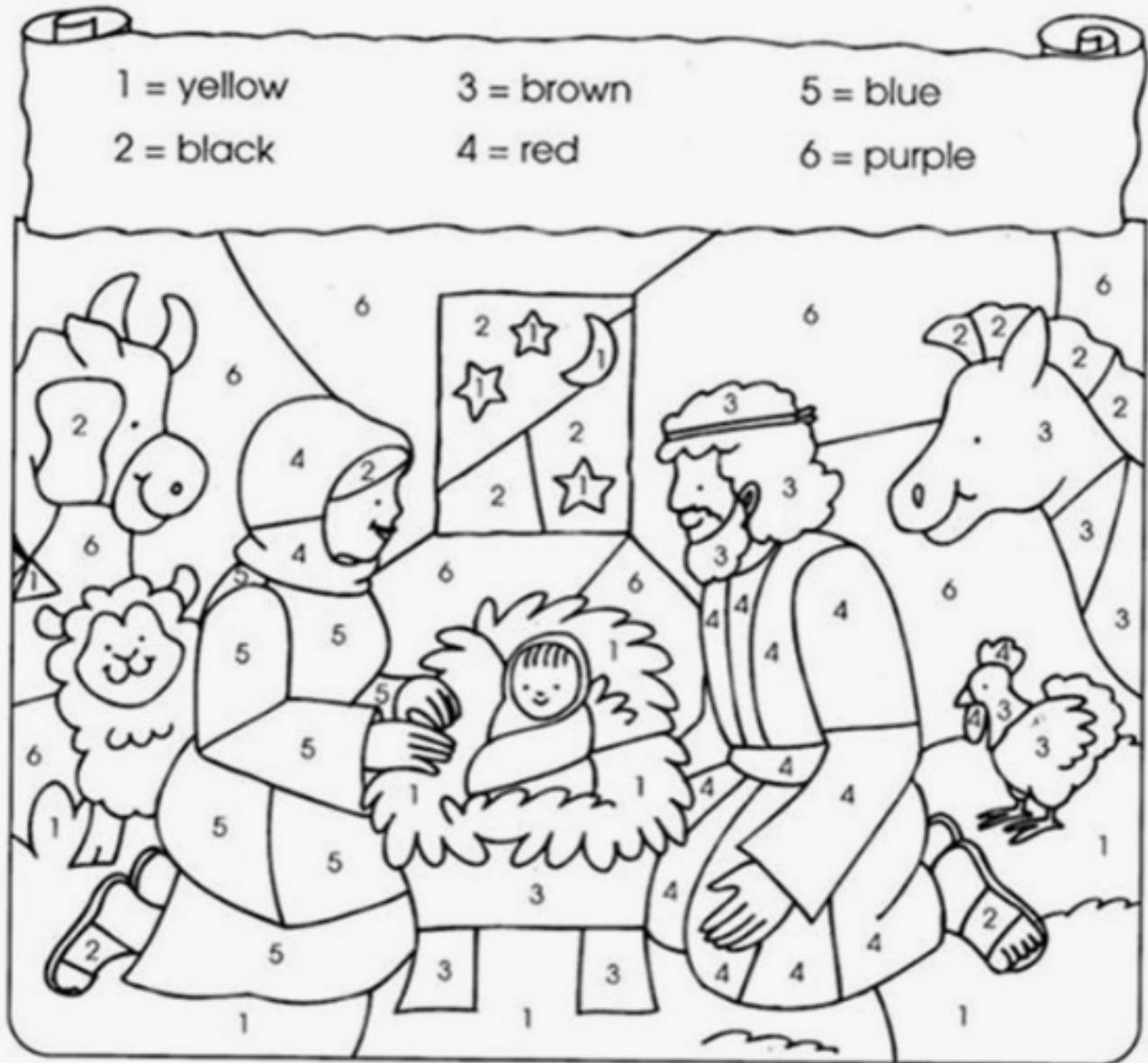
Activity Page

God's Son Is Born

(Luke 2)

Mary and Joseph decided to stay in a stable. During the night, a wonderful thing happened! Mary gave birth to Jesus—God's own son. She wrapped Him in a cloth and placed Him in a manger.

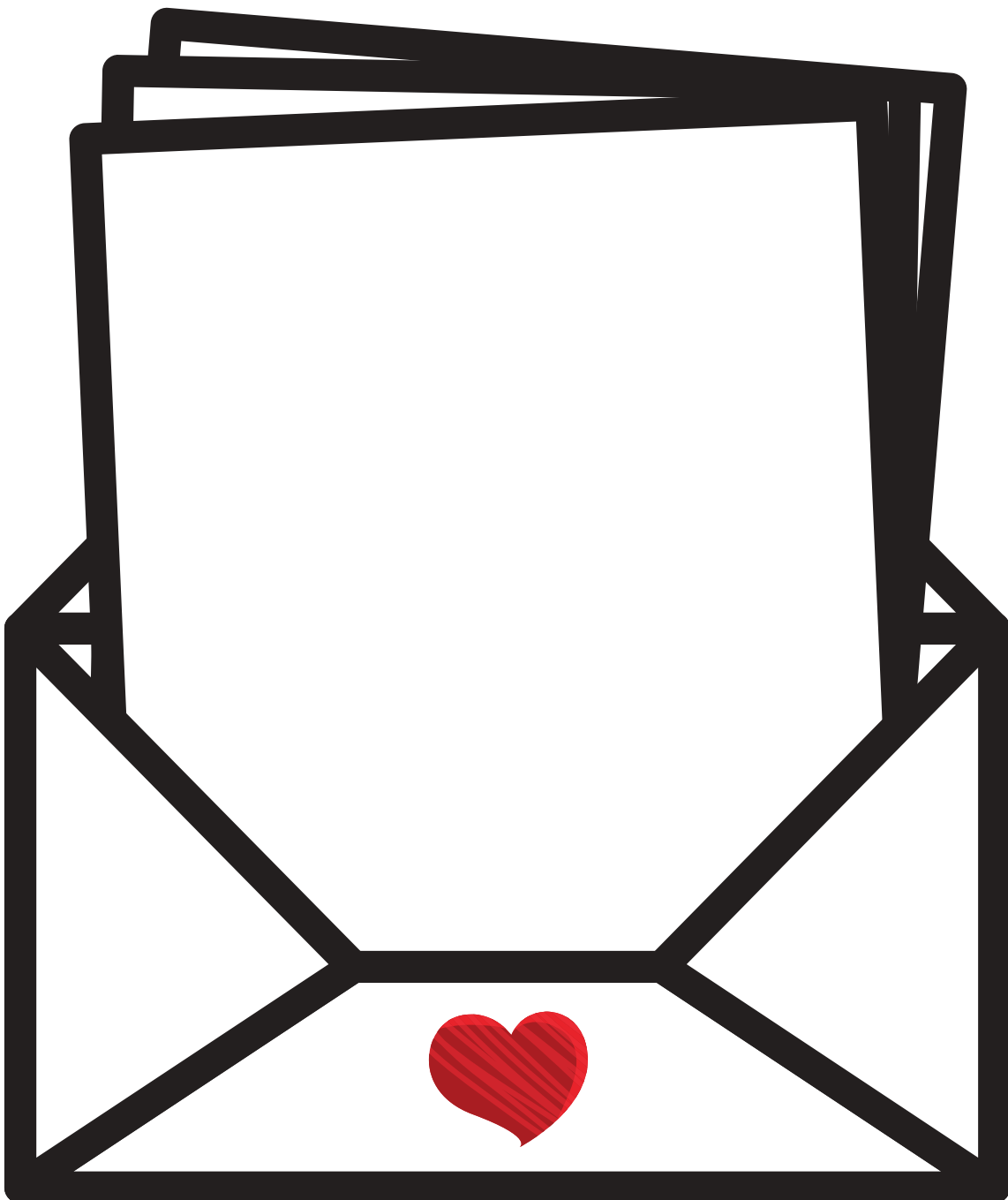
Use the code to color the picture.



Activity Page

God could have chosen any person to be our Savior. The fact that He chose His only Son, Jesus, proves just how much he loves us. Jesus came to save everyone, including you and me. Even when we disobey God, like Adam and Eve, God does not stop loving us.

Write a letter to God about how you know He loves you and what you can do to show your love for Him.



Jesus' Life, Suffering & Death

When God sent His Son, Jesus, to be our Savior, He knew that Jesus would suffer. Jesus was the Son of God but he did not live as a king. He was born to a poor family and lived His life preaching, healing the sick, and forgiving sinners. While he preached, he did not have a home. He wandered around the country with his disciples.

Some people did not believe that Jesus is God. They did not follow His teachings. They rejected Him and wanted others to reject Him, too. They were afraid of Jesus and His message. Jesus taught the people to call God the Father, "**Abba**" or Daddy. He taught them to love their enemies. He told them to repent of their sins and return to God. Later, Jesus would give his apostles the power to forgive sins.

The Jewish leaders were jealous that Jesus became popular with the people. They decided to put Him to death on the cross.

Jesus willingly suffered the pain of the cross. Even as He knew that He would die and take the punishment for our sins, He obeyed His Father's will. He knew that His death and resurrection would save us, open the gates of Heaven, and restore grace, which is a share of God's life in us.

Because of Jesus' death on the cross, we have received the gift of grace that Adam and Eve lost when they sinned. We become adopted sons and daughters of God. We are able to be reconciled with God and with one another.



Unit Test A

True (T) or False (F):

- _____1. God created Adam and Eve in His image and likeness.
- _____2. The first sin of Adam and Eve is called Original Sin.
- _____3. God promised Adam and Eve would not die if they ate of the fruit of the tree of the Knowledge of Good and Evil.
- _____4. God sent Abraham to be our Savior.
- _____5. Jesus restored grace in our souls.

Choose the best answer:

1. _____ is God's life in our souls, the most precious gift that God gave us.
- a. Free will b. Mind c. Grace
2. Adam and Eve were created _____ in dignity, but different in special ways.
- a. different b. equal c. opposite
3. When Adam and Eve disobeyed God to have their own way, they committed a _____.
- a. sin b. grace c. felony
4. Adam and Eve are our first parents and so we inherit the effects of _____ Sin.
- a. Mortal b. Venial c. Original

Unit Test A

Choose the best answer (continuation)

5. God did not abandon Adam and Eve and promised to send a _____.
- a. Serpent b. Angel c. Savior
6. _____ was a man of great faith and the father of a great nation.
- a. Jesus b. Abraham c. Adam
7. The Israelites or _____ became God's Chosen People.
- a. the Jews b. the Egyptians c. the Romans
8. God made a promise or a _____ with the Chosen People to love and protect them always.
- a. grace b. steward c. covenant
9. _____, the Son of God became our Savior.
- a. Jesus b. Abraham c. Adam
10. Jesus taught us to call God, _____.
- a. Abraham b. Abba c. Adam

SHORT ANSWER: (5 points)

Why did Jesus need to suffer and die on the cross?

The Sacrament of Baptism

Jesus established a new kingdom, where everyone was invited to be part of God's Chosen People. God chose us to belong to His people. He wants us to share in His life, as Adam and Eve did before Original Sin. This share in God's life is called grace.

We receive this gift of **sanctifying grace** in the Sacrament of Baptism. In the **Sacrament of Baptism**, we become members of God's kingdom and more importantly, a member of God's family - the Church. As children of God, we can share in God's life now and live happily with Him forever in Heaven.

In the Sacrament of Baptism, the Original Sin we inherited from our first parents is taken away. **Baptism** means to wash away. We are washed free of Original Sin and made holy as a child of God.

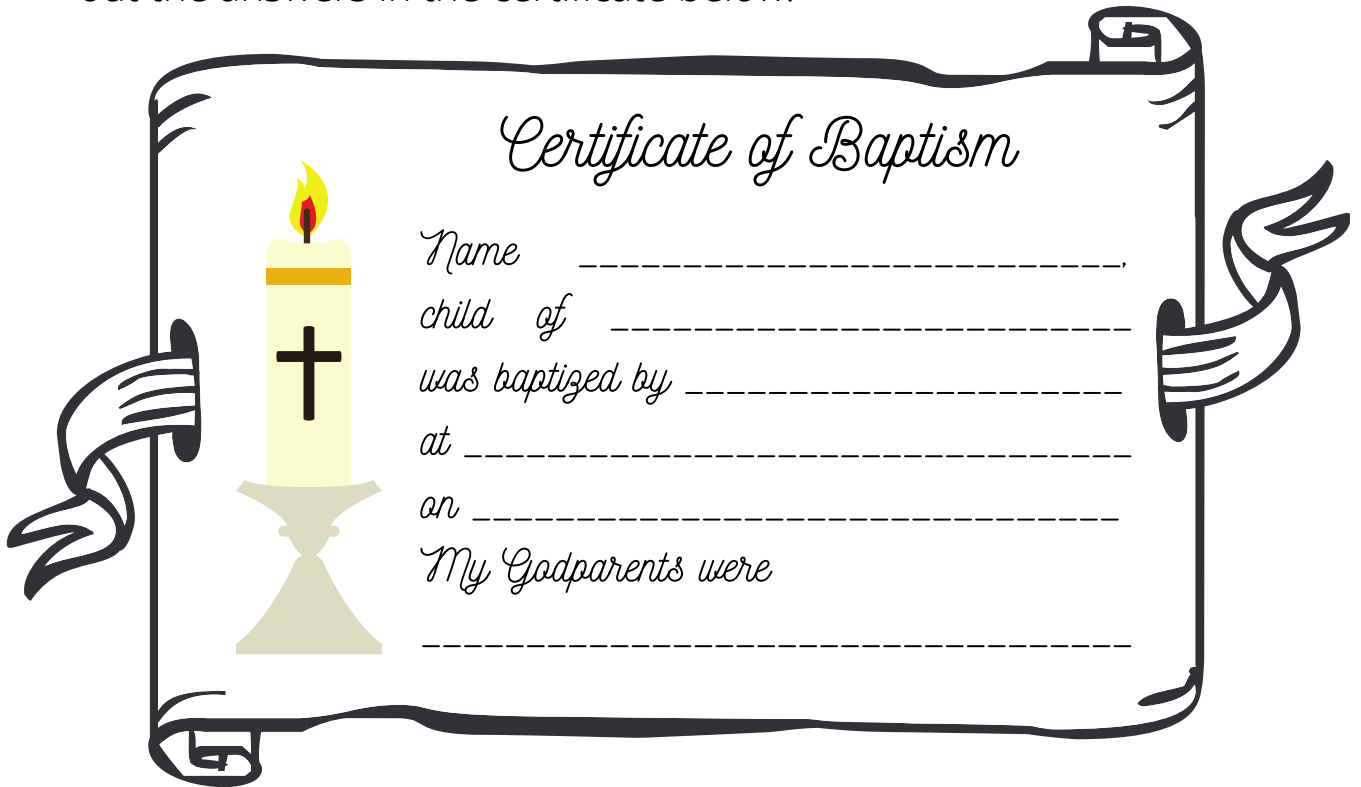
When you were baptized, your parents and godparents brought you to the church. The priest poured water over your head and said, "I baptize you in the Name of the Father, and of the Son and of the Holy Spirit." The priest made the Sign of the Cross on your head with holy oil. A candle was lit for you. The priest said, "Receive the light of Christ." We are meant to keep the light of Christ burning bright within us.

We know the Sacrament of Baptism took place because of the form and matter. The **matter** is the water used in Baptism. The **form** are the words used by the priest, "I baptize you in the Name of the Father, and of the Son and of the Holy Spirit."



Activity Page

Ask your mom or dad to find a copy of your Baptismal Certificate. Fill out the answers in the certificate below:



Certificate of Baptism

Name _____

child of _____

was baptized by _____

at _____

on _____

My Godparents were _____

The day of your Baptism is very important! It is the day you became part of God's family! Like your birthday, you should celebrate your baptismal day. What are ideas you may have to celebrate this special day? Write your answers below.

-
-
-
-
-

The Ten Commandments

God loves us very much. Just like a good parent, He wants to see us happy, peaceful and safe. God knows that we are happiest when we are in a loving relationship with Him and others. To help us stay in a peaceful, loving and happy relationship, God gave us ten laws of love that we must do to love Him and others. These laws of love are called the **Ten Commandments**.

1. I am the Lord your God. You shall have no strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not lie.
9. You shall not desire your neighbor's wife.
10. You shall not desire your neighbor's goods.



God gave the Ten Commandments to **Moses**, the leader of the Israelites or the Chosen People. After God saved the Israelites from the land of Egypt, He wanted to make sure that they stayed safe and live in harmony with each other and with God.

Jesus taught that when we follow the Ten Commandments, we show our love for God and for others.

The Two Greatest Commandments

Jesus spent all his life teaching people about how to love God and how to love one another. When we love others and help them, we are able to show our love for God.

One time, Jesus was asked which of the commandments were the most important. Jesus replied that all the commandments can be summarized into these **two greatest commandments**:

1. You shall love God with all your heart, mind and soul.
2. You shall love your neighbor as yourself.

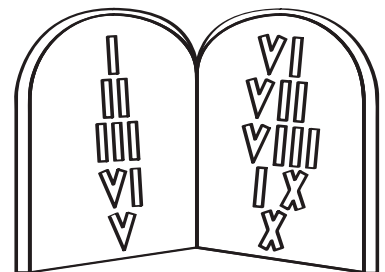
The first three commandments of the Ten Commandments show us how to love and honor God. The last seven commandments show us how to love our neighbors.

We **love God with all our heart, mind and soul** when we follow these first three laws from the Ten Commandments:

1. I am the Lord your God. You shall have no strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.

We **love our neighbors as ourselves** when we follow the rest of the Ten Commandments:

4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not lie.
9. You shall not desire your neighbor's wife.
10. You shall not desire your neighbor's goods.



Activity Page

Place a ✓ next to the sentence that is the best example of following the commandment. The first one is done for you.

1. I am the Lord your God. You shall not have any other gods beside me.

Praying only when we feel like it.

Making God our number one priority.

2. You shall not take the name of the Lord your God in vain.

Using the name of Jesus respectfully.

Using the name of Jesus in anger or in cursing.

3. Remember to keep holy the Lord's Day.

Going to Mass every Sunday.

Going to Mass only when we don't have any other plans.

4. Honor your father and mother.

Talking back to your mom or dad.

Obeying your mom and dad.

5. You shall not kill.

Bullying other people.

Always treating others with respect.

6. You shall not commit adultery.

Husbands and wives are faithful to one another.

Husbands and wives fight all the time and hate each other.

7/8 You shall not steal or lie.

You take someone's stuff without asking permission.

You always tell the truth and respect other people's stuff.

9/10 You shall not desire your neighbor's wife or goods.

Being happy and grateful for what you have.

Being jealous of what others have.

Choices

It is not always easy to do the right thing. Sometimes, we say mean things. We do things to hurt others. We fail to do or say something that we know we should. We become selfish and think only of ourselves. When we say or do these things on purpose, we make the wrong choices.

God loves us so much that He gives us the freedom to choose to love Him. He doesn't want to force us to love Him. He doesn't want robots who only follow Him. He wants us to freely choose to love Him and follow Him. He gives us the freedom to make good and bad choices.

When Jesus was on earth, He taught us the importance of making good choices. He taught us that when we choose to love and to do good, we show our love for God and others.

Learning to make good choices take practice. You need to learn right from wrong. You need to learn from the example of your family. While you are learning to make good choices, your family may make many choices for you. They will teach you the things you need to learn so that you may grow to be a better decision maker.

As you get older, your family will not always choose for you. You will get a chance to make more choices for yourself. You will learn how to use the wonderful gift of choice that God has given only to people. You will be free to choose.



Activity Page

Let's practice making good choices. Put a "G" if it is a good choice. Put a "B" if it is a bad choice.

Allison was not able to study well for a test. Which choices are good or bad?

- ___ She can take the test, even if she is not well prepared.
- ___ She can pretend to be sick so she can have more time to study.
- ___ She can copy off her classmate's answers.
- ___ She can apologize to her teacher and ask if it is possible to take the test at another time.

Ben's friends are bullying a kid who is not from their friend group. Which choices are good or bad?

- ___ He can stop his friends even if they end up being angry with him.
- ___ He can watch his friends and say nothing.
- ___ He can tell an adult about it.
- ___ He can join his friends because he doesn't want them to think that he is weird.

You find your sister's favorite pen in your bedroom. Which choices are good or bad?

- ___ You keep it; after all it's "finders keepers, losers weepers."
- ___ You return the pen to your sister.
- ___ You hide it and see if your sister will notice.
- ___ You give it away to your best friend.

Your mom tells you to clean your bedroom. Which choices are good or bad?

- ___ You whine and complain and do nothing.
- ___ You say yes but don't do it.
- ___ You immediately do as she asks.
- ___ You say your room is already clean, even if it really isn't.



Sin, Mistakes & Accidents

A **sin** is a deliberate choice we make that harms our relationship with God and with others. Deliberate means that we know something is wrong yet we choose to do it anyway. When we choose to do something wrong deliberately, we turn away from God's love and the love of those whom we have hurt. Sin can either weaken the grace we received in the Sacrament of Baptism, or completely destroy God's grace.

But not all poor choices are sins. If it is not a serious choice that ruins our relationship with God, it is not a sin. For example, we may choose between having pizza or chicken nuggets for dinner. Your choice will not have any effect on your relationship with God or others. Even if you regret ordering pizza, it is not a sin. You may have just made a **mistake**.



Other times, you may have done something bad but did not do it deliberately. For example, you may have broken your mom's vase but it was because you had slipped and knocked over the vase. While your mom always told you to be careful around her vase, you did not deliberately break her vase. It was an **accident** and you did say you were sorry.



Or you may have had no choice in doing something wrong. You may want to go to Mass on Sunday and tried to convince your parents to take you, but they would not or could not take you for some reason. As long as you tried your best to convince your parents to take you to Mass, you are not at fault because you cannot go to Mass on your own. You should pray to God and ask His help to bring your family to Mass because going to Mass is an act of love and is one of the Ten Commandments.

Activity Page

Is it a SIN, a MISTAKE, or an ACCIDENT? Write 'S' for sin, "M" for mistake and "A" for accident.

___ Alexa thought that her test would be tomorrow instead of today so she did not prepare well for it.

___ Chris did not see his sister's toy lying on the floor and ends up stepping and breaking it.

___ Sam knew that the toy car belonged to Paul but took it home anyway.

___ John copied off his classmate's test because he wasn't able to study for it.

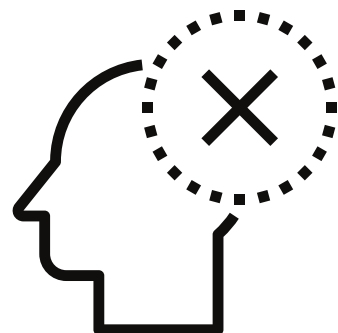
___ Michael got confused and thought that his mom wanted a Diet Coke instead of a Sprite.

___ Missy always found Mass boring so she pretended to be sick so she could skip it.

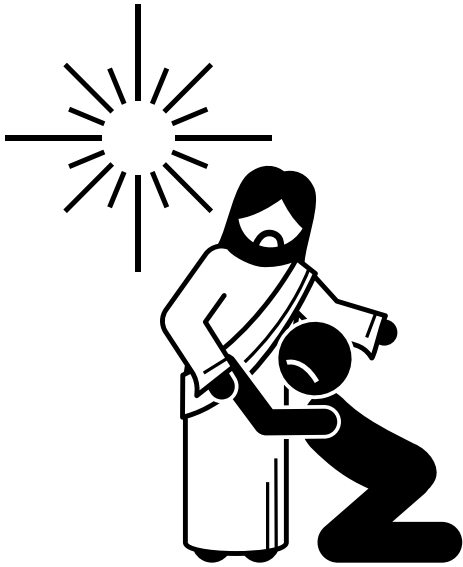
___ While playing with her brother, Gina trips and knocks over her dad's laptop.

___ Jojo thought that what he was putting in the stew was salt, not sugar.

___ Jenna was angry and deliberately destroyed her brother's homework.



God's Love and Forgiveness



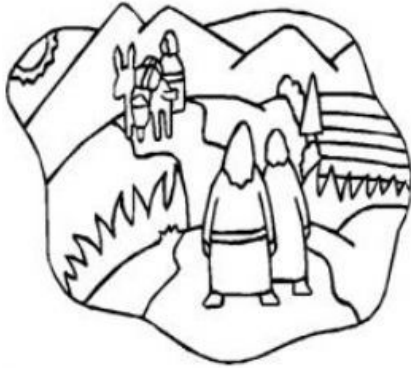
Jesus, the Son of God, never sinned but he did not turn away from sinners. In fact, Jesus reached out to sinners and invited them to be reconciled with God the Father. He never stops loving us even when we sin. Jesus is happy to forgive us when we ask. He said that all the angels and saints in Heaven rejoice when one sinner repents. To explain how great God's love is, Jesus told the **Parable of the Prodigal Son**.

Read Luke 15:11-32 in your Bible. The story tells of the remarkable love that a father had for his son who committed a grave sin against God and against his father. Just as the father in the story waited day and night for his son to return home, so does God the Father wait for us to repent of our sins and welcome us back home. Like the Prodigal Son, we must repent of our sins and ask for God's forgiveness. We can be sure that God loves us and never gives up on us. So we should never give up on ourselves either.

When we sin, we should go to Confession. In this beautiful Sacrament, we experience the forgiveness of God the Father. We become reconciled with Him and our sins are forgiven. Just as Jesus forgave the sins of the people in the Bible, Jesus continues to forgive the sins of those who repent and humbly come to the **Sacrament of Confession**. Jesus rejoices with the angels and the saints in Heaven just like the father in the story of the Prodigal Son who said, *"Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. Bring the fattened calf and kill it. Let's have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found!"* (Lk 15:22-24)

Activity Page

Now, you know the parable of the prodigal son; look at the pictures below and write what they say to you.
Luke – 15 : 11 - 32



Sin

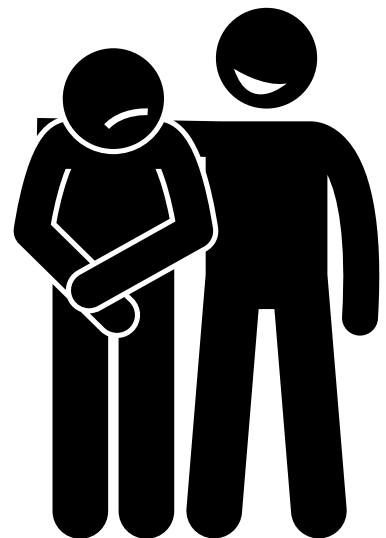
When we sin, we turn away from the love of God. We reject Him and we choose to do things that hurt him and hurt the people who love us.

A **mortal sin** is a serious sin we make, even when we know it is bad and we freely choose to do it anyway. Stealing, lying and skipping Mass for no good reason are some examples of mortal sin. Mortal sins destroy our relationship with God and takes away grace from our soul. We cannot enter Heaven when we have mortal sin in our souls. *We must confess mortal sins in the Sacrament of Penance.*

A **venial sin** is a less serious sin that we freely choose to make. It hurts our relationship with God and weakens grace in our soul. For example, spending too much time playing video games instead of spending time with your family may hurt your relationship with your family and keep you from doing things that are important to God. Eating too much candy can ruin your appetite, your health and disappoint your mom, especially if she spent time cooking a special meal for the family.

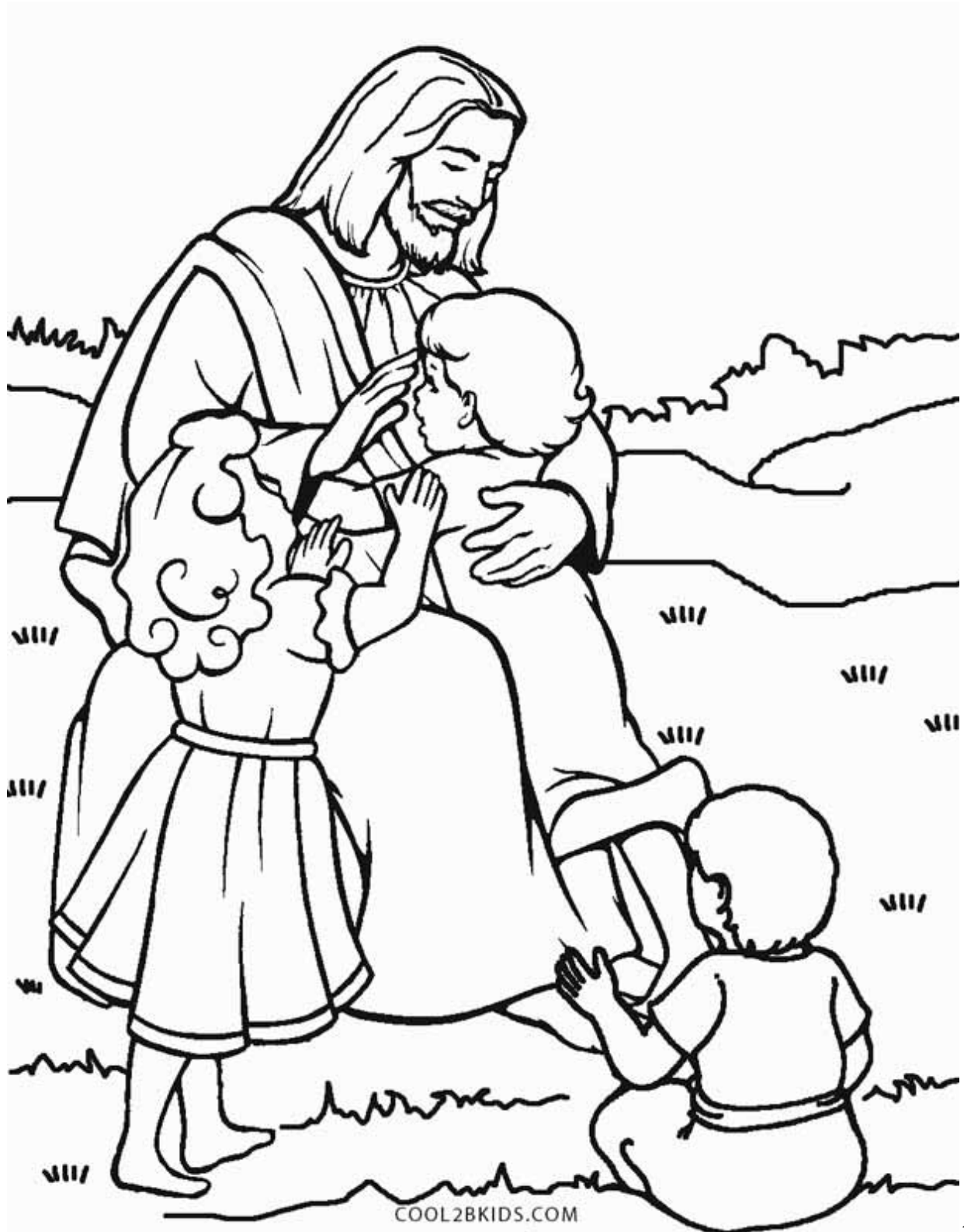
When we sin, we need to tell the people whom we have hurt that we are sorry. We ask them to forgive us and do something loving to make up for the hurt we have caused. It is the same with God. We need to ask for God's forgiveness when we sin and make up for the hurt we have caused.

God is always ready to forgive us when we are sorry and ask for His forgiveness. He never stops loving us even when we sin. He understands our weakness and gave us the Sacrament of Confession to restore us as sons and daughters of God.



Jesus is ready to forgive

Coloring Page



Unit Test B

True (T) or False (F):

_____1. We receive sanctifying grace in the Sacrament of Baptism.

_____2. Water is poured by the priest on the head of the person during the Sacrament of Confession.

_____3. The Ten Commandments were given by Jesus.

_____4. Learning to make good choices take practice.

_____5. A mortal sin is a serious sin that destroys our relationship with God and takes away grace from our soul.

Choose the best answer:

1. _____ is a less serious sin that hurt our relationship with God.
a. Venial b. Original c. Mortal
2. _____ means to wash away.
a. Grace b. Penance c. Baptism
3. The Ten Commandments are laws of _____.
a. obedience b. the country c. love
4. _____ is a deliberate choice we make that harms our relationship with God and others.
a. Sin b. Mistake c. Accident
5. _____ sins must be confessed in the Sacrament of Penance.
a. Venial b. Original c. Mortal

Unit Test B

Choose the best answer (continuation)

6. We love God with all our heart, mind and strength when we follow the _____.
- a. The last 7 commandments
 - b. The first 3 commandments
 - c. The Golden Rule
7. We love our neighbors as ourselves when we follow the...
- a. The last 7 commandments
 - b. The first 3 commandments
 - c. Prodigal Son
8. In the Sacrament of _____, we become children of God.
- a. Confession
 - b. Penance
 - c. Baptism
9. God doesn't force us to love him. He gives us the freedom to...
- a. choose
 - b. vote
 - c. speak
10. The Parable of the Prodigal Son shows how much ____ loves us.
- a. our parents
 - b. our dad
 - c. God

SHORT ANSWER: (5 points)

Explain how the Ten Commandments are not just a bunch of rules but help us to love God and others.

Sacrament of Reconciliation

Jesus gave us a special way to ask and receive God's forgiveness in the **Sacrament of Reconciliation**. **Reconciliation** means to be united with someone again or to come back to someone after being separated for a time. In the Sacrament of Reconciliation, we confess our sins, ask forgiveness and become reunited with God again. Our sins are forgiven and God's grace is restored and strengthened in us. Other names for the Sacrament of Reconciliation are **Sacrament of Confession** or **Sacrament of Penance**.

We receive this sacrament by going to a priest and telling him all the sins that we have committed. Sins may be the bad things we did deliberately or the good things that we deliberately failed to do. For example, we may confess lying to our parents and also staying silent when our sibling is being blamed for something we had done. We tell the priest that we are sorry and we ask for forgiveness.

The priest acts in the person of Jesus Christ in the Confessional. When we tell our sins to the priest, we are telling them to Jesus. The priest listens to what we tell him, gives us advice and tells us to do penance. **Penance** is the prayers we say or something we do to make up for the hurt we have caused by our sins.



Then the priest forgives our sins with a special prayer called **Absolution**.

The priest forgives us in the name of God the Father, Son and Holy Spirit, and for God's family, the Church.

The **form** of the Sacrament of Reconciliation are the verbal confession of sins. The **matter** is the prayer of Absolution of the priest.

Examination of Conscience

To help us prepare for the Sacrament of Reconciliation, we must think of the times when we have not shown love to God and others. This is called the **Examination of Conscience**.

LOVE GOD WITH ALL OUR HEART, MIND AND SOUL

- Do I pray everyday?
- Do I thank God for all the things He has given me?
- Do I use bad language or use God's name in a way that is disrespectful?
- Do I go to Mass regularly on Sundays and holy days of obligation?
- Do I pay attention during Mass?
- Do I study my religion well?
- Do I try to understand what God asks of me?

LOVE YOUR NEIGHBOR AS YOURSELF

- Do I obey and help my parents?
- Do I obey and help my teachers and all others who take care of me?
- Am I kind to everyone?
- Am I willing to work and play with everyone?
- Do I behave in school?
- Do I try my best to learn in school?
- Do I tell the truth?
- Do I take things that do not belong to me?
- Do I take care of myself?
- Do I avoid bad movies, books, shows or websites?
- Do I show respect to other people?
- Do I respect other people's property?



After we have examined our conscience, we tell God we are sorry and say the **Act of Contrition**.

Act of Contrition

O my God
I am heartily sorry for having offended You
And I detest all my sins
Because of your just punishments
But most of all, because they offend You, my God,
Who are all good and deserving of all my love.
I firmly resolve, with the help of your grace,
To sin no more
And to avoid the near occasions of sin.
Amen.

Activity

Re-write the Act of Contrition in your own words. The first line is written for you as a guide.

ACT OF CONTRITION	MY OWN ACT OF CONTRITION
O my God, I am heartily sorry for having offended You	Dearest God, I am so sorry for hurting You
And I detest all my sins because of your just punishments	
But most of all because they offend You, my God	
Who are all good and deserving of all my love	
I firmly resolve, with the help of your grace	
To sin no more	
And to avoid the near occasion of sin.	

Form for the Sacrament of Reconciliation

CHILD: (while making the sign of the cross) "In the Name of the Father, and of the Son, and of the Holy Spirit. Amen."

"Bless me, Father, for I have sinned."

"It has been _____ weeks since my last Confession. (Or, for the first time only: This is my first Confession.)"

"These are my sins." (Name your sins.)

When finished, say: "For these sins and my past sins, I am very sorry."

PRIEST: Gives words of advice and suggestions.

Asks the child to say a penance (prayers to be said in Church after Confession).

CHILD: Says the Act of Contrition

"O my God, I am heartily sorry for having offended You. And I detest all my sins because of your just punishments. But most of all, because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen."

PRIEST: Gives Absolution (prayer to forgive sins).

CHILD: "Thank you, Father"

Child returns to the pew and prays the penance given by the priest.

Unit Test C

True (T) or False (F):

- _____1. Reconciliation means to be united with someone again.
- _____2. The prayer recited by the sinner going to Confession is called Absolution.
- _____3. We need to make an Examination of Conscience before going to Confession.
- _____4. Penance is the prayer said by the priest to forgive sins.
- _____5. The Act of Contrition is the prayer we say during Confession.

Choose the best answer:

1. We confess these sins to the priest...
- a. Bad things we do b. Good things we fail to do c. Both
2. _____ is the prayer said by the priest to forgive sins.
- a. Act of Contrition b. Penance c. Absolution
3. _____ helps us to prepare for Confession.
- a. Examination of Conscience b. Act of Contrition
4. We should say the penance given by the priest...
- a. In the Confessional b. At home c. Before leaving Church
5. When the priest forgives our sins, he is acting in the Person of
- a. himself b. Jesus c. the Pope

Unit Test C

WORD BANK: Fill in the blanks for the steps to receiving the Sacrament of Confession using the words listed below.

Contrition **Conscience** **advice** **Absolution** **Penance**
pew **sins** **sorry** **forgiveness** **priest**

1. We do an Examination of _____.
2. We tell God we are _____.
3. We go to Confession and tell the _____ when was the last time we went to Confession.
4. We tell our _____ to the priest.
5. We ask for God's _____.
6. We listen to some _____ by the priest.
7. We receive our _____ to make up for our sins.
8. We say the Act of _____.
9. The priest says the prayer of _____.
10. We return to our _____ and say our penance before leaving the Church.



Our Lady of Hope
