



Finding Jesus!

An Examination
Of Conscience
Activity
For Children



Instructions:

Look at the pictures.
Decide the correct order
of the steps of Reconciliation.
You can cut these apart and
paste them on a separate page.



Finding Jesus!

Examination of Conscience Guided Reflection

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Illustrations by Kim Wilson are from the book, *Little Lamb Finds Christmas* ©Ligouri 2014

Parents or teachers: Start by reading the storybook, *Little Lamb Finds Christmas*. Then tell the children that Lemi the Lamb has something to teach us about the sacrament of Reconciliation. Give each child a copy of the page with picture blocks to look at while you read aloud each reflection theme described below. Direct children to find the image on their page that matches each step in the Reconciliation process. Then pray and practice the Act of Contrition. Afterwards, children can cut out and paste pictures in order on a separate colorful paper to keep with the prayer for future reference.



When we examine our conscience (often before making a Confession) we take time to **think** about how we are lost lambs.



With each **sin** and selfish choice, we have moved farther away from our shepherd (Jesus) and from our flock (all the people we love).



Sins and selfish habits **stick** with us. We can get **stuck** in our sins.



We are often **lost** when we try to do better on our own, without God's grace. We need His power and direction. Ask yourself, "How am I lost or stuck?"

Confessing our sins shows God we are truly sorry and opens our hearts to receive God's love, no longer allowing sin to push God or others away.



Through our **sorrow** and the prayers of the priest, Jesus **teaches** our hearts how to live with love and virtue again.



In Reconciliation, God **renews** our souls like when we were babies at our Baptism. Jesus finds us and we find Him again!



When we pray and do our **penance**, Jesus' love brings **peace** in our hearts and allows peace to grow between us and everyone else.



Through Confession & Reconciliation we receive grace and power from **Jesus** to be strong and good and to remain with Him, our forever shepherd.



There is **JOY** in Heaven and earth each time we return to Jesus and his flock!

Finding Jesus!

Praying the Act of Contrition

With Lemi the Lamb (Version 1)



My God, I am sorry for my sins.



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 what leads me to sin.

My Savior Jesus Christ



suffered, died and rose again for me.

In his name, dear God, have mercy on me. Amen.

Help me never to be lost from you again.



Finding Jesus!

Praying the Act of Contrition

With Lemi the Lamb (Version 2)



O My God, I am sorry for my sins.



In choosing to sin and



in failing to do good,

I have



sinned against you



and your Church.

I firmly intend, with the help of your son,



to make up for my sins

and to love as I should.



Amen.

Help me to never be lost from you again.

