



# My Reconciliation: A Time for Hope

How long?

Bless me, Father, for I have sinned. It has been  since my last confession.

## Examination of Conscience

This is the time before you say what you are sorry for to open the door of your heart to reflect on the things you do and say and talk to Jesus about the choices you make.

### Use of my time

Do I always take the time to make the right choice? When was a time I didn't make a good choice?



Do I do things without taking time to think? When was a time I did something quickly without thinking?

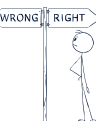
If I've done something wrong, have I taken the time to say sorry? Who might I still to say sorry to?

### Making good choices

Do I think about how my choices affect other people? When was a time I didn't show kindness to others?

Have I made a choice I regret? When did I miss the chance to show kindness to someone?

Do I take time to pray and thank God for what I have? What can I say thank you to God for today?



1.





## My penance is:

A prayer or action given to you by the priest to show God you're sorry.

## Act of Contrition

When you say that you are sorry and show God you want to try to do better.



Empty rounded rectangular box for writing penance.

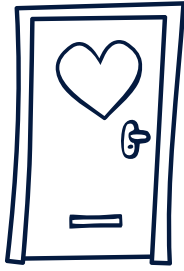
Father, I ask your forgiveness for the things I've done wrong. Please help me to grow and to make better choices with your love and support. Amen.

## My Prayer of Hope

Write your prayer of hope here:

*hope*

Large rounded rectangular box for writing a prayer of hope.



## The Parable of the Door

Remember the message from "The Parable of the Doors" that you heard today.



1. You will always create an impact.
2. Mistakes can be fixed.
3. Strength is what matters inside.
4. Sometimes you need to be patient.
5. You are a gateway to welcome.

## Turn concern into action

As a group, join in with this year's SVP Lent Campaign- A Time for Hope.

