

# PRACTICING RECONCILIATION AT HOME

- **Show penance.** When hurts occur with family members, encourage your children to repair the relationship. For example, the child whose teasing progresses to bullying is to do something nice to the offended sibling.
- **Model forgiveness.** Say you are sorry, ask forgiveness, and forgive each other. Avoid arguing in front of your children about their behavior or about issues that lead to a heated exchange. With smaller issues, let them see you express different points of view and arrive at a compromise.
- **Follow God's laws.** For example, show that the 3<sup>rd</sup> Commandment (keep Sabbath holy) means going to Mass every Sunday.
- **Connect God's commandments with everyday actions.** For example, challenge your children to see the connection between the 10<sup>th</sup> Commandment (not coveting neighbor's goods) and showing gratitude for what they have.
- **Pray Act of Contrition and other Catholic prayers.** As a family, pray before bedtime or in the car going to school or doing errands.



- **Let kids see you going to Confession.** On Saturdays or to a parish service during Advent or Lent.
- **Use a “Family Examination of Conscience.”** Discuss how you have shown love to God and others, yet still need to grow.
  1. Have I put God first in my life? Does he have priority in our home?
  2. Do I use God's name with care?
  3. Do I go to Mass on Sunday? Do I keep Sunday as a day of worship and rest?
  4. (*For children*) Do I honor my mother and father?
  5. (*For parents*) Am I patient and kind so my children can easily respect me?
  6. Have I hurt others in words or actions?
  7. Have I treated my body and the bodies of others with respect?
  8. Have I respected the belongings of others?
  9. Have I told the truth? Have I been open and honest with others?
  10. Have I kept my mind and thoughts pure?
  11. Have I been happy with what I have instead of being jealous of others?

