

Believe

In the first part of the session, your child will learn how we can examine the choices we make and whether they follow God's law of love.

- Talk about ways to show we are sorry for choices that hurt others. Turn to page 36 and invite your child to complete the activity.
- Read page 37 together. If desired, use a pair of sunglasses or a magnifying glass to illustrate how something can look different when looked at through a different lens. Take turns completing the sentence about God's forgiveness.
- Turn to page 38 and read together the Parable of the Lost Son. Reflect together on what words or phrases in this reading touched your heart. Together look at the Scripture art on pages 38 and 39 as you read the Scripture story again. What do you see?



Celebrate

In the next part of the session, your child will learn about making an examination of conscience before celebrating the Sacrament of Penance and Reconciliation.

- Read page 40 together. Explain that by examining our conscience, we look at the choices we make through the lens of love and faithfulness to God's law.
- As you read page 41, pause after each bulleted question to allow your child time to reflect.
- Continue reading through page 43. Review with your child the highlighted words on pages 40–42, and help your child understand what each one means. You can also look up the definitions in the glossary on page 95. Pray aloud the Act of Contrition on page 43 together with your child.

Live

The last part of the session invites your child to create his or her own examination of conscience.

- Turn to page 44. Provide assistance to your child in completing the examination of conscience activity.
- Read the story about the saint on page 45. Discuss what you learn from this saint about following one's conscience. Take turns completing the sentence at the bottom of the page.
- Bring the session to a close with a hug and a sharing of what each of you enjoyed during your time together.

Spiritual Practices for the Home

Careful listening fosters family harmony as well as respect. To cultivate a listening environment in the home, practice these four habits: 1. Don't interrupt or change the subject when someone else is talking. 2. Focus full attention on the

person who is speaking by turning off the television or phone. 3. Maintain eye contact and ask questions to deepen understanding. 4. Pay attention to body language and what another person might be saying "beneath the words."