

ACTIVITY 4: THE EXAMINATION OF CONSCIENCE

The purpose of this activity is to help the children learn how to do an examination of conscience to prepare for confession.

Materials needed: Dragon Slayers Examination of Conscience (Download from extraordinarymission.com/dragonslayerfaq)

Instructions

1. Ask, "Where in the Bible did it talk about a certain list of rules or laws we need to follow to help us avoid being wounded by dragons (sin)?" (The Ten Commandments)
2. Tell the children they will each receive a dragon slayers examination of conscience in the gift bag and it will talk about specific dragons listed in the Dragon Slayers Manual. (We will give each catechist a manual to keep in the classroom if they don't get their own manual.)
3. Tell them that we are going to go through the 10 Commandments and match us some of the sins/dragons that try to make us break each of the commandments.
4. Tell them that some commandments are proactive, meaning things we must do. These are like swords to help us fight against dragons. (Love God, Keep Holy the Sabbath, Honor parents.) The rest of the commandments are things we need to shield ourselves from and NOT do. They start with "don't" or "thou shall not..."
5. Teach them that an examination of conscience is when we think about our day, or week, or month, and recall all the times we get wounded by dragons and sin. (Using a sports analogy, its like watching game film to find our weaknesses so that we can improve)
6. Use the Dragon Slayers Examination of Conscience to read through some of the questions for each commandment and the dragons to be aware of.
7. Consider giving the kids a paper and pencil so they can practice writing down their sins, or at least encourage them to do this when doing an examination of conscience on their own.
8. Depending on your time, you can choose how many and which of the commandments and questions you want to go through and which dragons from the manual you want to talk about. They will have just learned about some of these dragons during the Dragons Slayers Live presentation.
9. Stress again the importance that we must do this regularly! The more we examine our conscience and the more we go to confession the better we can slay dragons and the more we become saints.
10. Talk to them about the "Become a Saint" wristbands they will receive in their gift bag. There are wristbands for them and their parents. Tell them to wear the wristband that says Become a Saint. Be Not Afraid. This will help them make good choices during the day and not to be afraid of the dragons. When they sin, they don't have to be afraid to come to God in confession.