

Examination of Conscience for children

To prepare for the Sacrament of Confession, we must think about the 10 Commandments. As we think of the Commandments, we ask ourselves if we have faithfully kept each one.

1. We ask the Holy Spirit to help us remember our sins.
2. We are truly sorry for our sins.
3. We firmly decide not to commit these sins again.
4. We confess our sins to a Catholic priest.
5. We do the penance the priest tells us to do.

1. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.

- Do I speak (PRAY) to God every day? When I wake up, before meals, before going to sleep.
- As soon as I wake up, do I give (OFFER) Him my schoolwork and all my day?
- Do I remember to THANK God for the good things I have done or received?

2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.

- Have I used the words “God” or “Jesus” in anger or with lack of respect?
- Have I used ugly words or language?
- Have I wished evil on another?

3. REMEMBER TO KEEP HOLY THE LORD’S DAY.

- Do I go to Mass on Sunday?
- Do I pay attention to Mass, or do I tease or distract others by talking or playing?

4. HONOR YOUR FATHER AND MOTHER.

- Do I respect and obey my parents?
- Have I treated them badly by word or deed?
- Am I willing to help around the house, or must I be nagged a hundred times?
- Do I try to give a good example, especially to younger siblings?
- Do I respect others in authority: baby-sitters, old people, teachers, and priests?

5. YOU SHALL NOT KILL.

- Do I beat up others or hurt their bodies?
- Do I say mean things, or make fun of others to hurt their feelings?
- Do I encourage others to do bad things?
- Do I take care of my health such as eating the right food and taking care of the body God has given me?
- Are there kids I will not play with or be mean to because they look different?

6. YOU SHALL NOT COMMIT ADULTERY.

- Do I treat my body and other people’s bodies with respect and purity?
- Do I look at television shows, movies, or pictures that are bad and hurt my soul and mind?
- Am I modest in the clothes I wear, and in my speech remembering that I truly am a daughter/son of God?

7. YOU SHALL NOT STEAL.

- Have I taken things that were not mine from a store or another person?
- Have I broken or misused another person’s property on purpose?
- Do I return things that I borrow? In good condition?

8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.

- Do I tell the truth?
- Did I cheat in class or in a game?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from being punished?

– Do I tell lies to make another person look bad or get them in trouble?

9. YOU SHALL NOT COVET YOUR NEIGHBOR’S WIFE.

– Do I get mad when I have to share my friends?

– Am I jealous of my siblings and do I want my parent’s attention for myself constantly?

– Am I willing to share my things and my time with others?

10. YOU SHALL NOT COVET YOUR NEIGHBOR’S GOODS.

– Am I thankful to God and my parents for what they have given me?

– Do I share the things I have with my family, friends, and poor people?

– Am I jealous or envious of the things or abilities others have?

HOW TO MAKE A GOOD CONFESSION

- Priest and Penitent: **“In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.”**
- Penitent: **“Bless me Father, for I have sinned. This is my first Confession.”**
 - Or after your first Confession: “Bless me Father, for I have sinned. It has been — month(s) since my last Confession.”
- **“My sins are...”** (confess your sins in kind and number / What are your sins? Is it something you did only once or is it something you do often?)
- When you have finished telling your sins: **“For these and all my sins I am truly sorry.”**
- Father may talk with you about your sins and give you some advice to help you.
- He will give you your penance (usually a prayer but sometimes an action.)
- He will then ask you to say an **Act of Contrition**.
- Father will then give you absolution.
 - Priest: “...I absolve you from your sins in the Name of the Father, and of the Son, and of the Holy Spirit.” (Your sins are completely gone!)
- Penitent: **Thank the priest before leaving the confessional.**
- **Return to your pew and offer your prayer of penance and prayer of thanksgiving for having been forgiven.**

ACT OF CONTRITION

My God, I am sorry for my sins

With all my heart.

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 whatever leads me to sin.

Our Savior Jesus Christ

Suffered and died for us. In his name, my God, have mercy. Amen.