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**Examination of Conscience for Children**

***STEPS TO A GOOD CONFESSION***

1. **PREPARE FOR CONFESSION**
   1. Ask the Holy Ghost to help you to know your sins.
   2. Use the examination of conscience to help you to call to mind your sins since your last good confession.
   3. Resolve to never do these sins again.
2. **MAKE A GOOD CONFESSION**
   1. Kneel down in the confessional.
   2. Begin with the Sign of the Cross and then say: "Bless me Father for I have sinned, it has been [*how long*] since my last confession, and these are my sins:
   3. Confess your serious (mortal sins) by kind and number and confess any less serious (venial) sins you really want help with. When you are done confessing your sins, say:

"For these and all my sins I am sorry."

* 1. The priest may give you some advice and will give you a penance to do after your confession. Remember your penance.
  2. Pray your Act of Contrition
  3. The priest will give you absolution. Make the sign of the cross as he says *"...in nomine Patris, et Filii, et Spiritus Sancti. Amen."*
  4. The priest will give you a dismissal. Respond, "Thank you Father", and step out of the confessional.

1. **DO YOUR PENANCE**
   1. Pray the prayers or do the thing the priest asked you to do for your penance
   2. Thank God for his mercy
   3. Do your penance as soon as you can after your confession

***EXAMINATION OF CONSCIENCE***

**I am the Lord thy God. Thou shalt not have strange gods before me**

* Have I wanted more things, making things more important than God?

**Thou shalt not take the name of the Lord thy God in vain**

* When I make promises, do I take them seriously?
* Do I use God’s name carelessly or in anger?
* Do I use other inappropriate language?

**Remember thou keep holy the Lord's day**

* Did I stay home from church when I could have gone with my family?
* Have I tried to get a ride to church for Mass if I needed one?
* Have I remembered to pray regularly?

**Honor thy father and thy mother**

* Do I obey my parents or do I delay obedience?
* Have I done my chores without complaining?
* Have I been disrespectful to teachers or coaches?

**Thou shalt not kill**

* Do I keep my patience or do I lose my temper?
* Do I hold grudges and try to get even with others?
* Have I been unfair to others?
* Have I refused to forgive someone else?
* Have I caused another person to sin?

**Thou shalt not commit adultery**

* Have I forgotten to show respect for the bodies of others as well as myself? Have I used my body inappropriately?
* Do I avoid harmful things like drugs, tobacco and alcohol?
* Have I watched inappropriate television or gone to internet sites I am not supposed to?

**Thou shalt not steal**

* Have I taken something that belongs to someone else?
* Have I “forgotten” to return something that I borrowed?
* Have I used money responsibly?

**Thou shalt not bear false witness against thy neighbor**

* Do I play fairly or do I ever cheat at school or games?
* Have I not been honest, truthful, and fair? Have I lied?
* Have I hurt someone by what I have said or done?
* Do I gossip?
* Have I copied someone else’s homework?

**Thou shalt not covet thy neighbor's wife**

* Have I been jealous of friends that someone else has?
* Have I tried to be kind to others?
* Have I looked impurely on another?

**Thou shalt not covet thy neighbor's goods**

* Have I been jealous of the things that my friends have?
* Have I nagged my parents into buying things because I want them or because my friends have them?
* Have I helped others when they needed help?

***ACT OF CONTRITION***

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my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

