

**CATHOLIC EXAMINATION OF CONSCIENCE: FOR KIDS**

<p><b>Responsibilities to God:</b></p> <ul style="list-style-type: none"><li>• Did I skip Weekend Mass?</li><li>• Did I receive Communion after skipping Mass without going to Confession first?</li><li>• Have I been grumpy and rebellious about praying or going to Church on Saturday/Sunday?</li><li>• Did I eat food one hour before Mass?</li><li>• Was I respectful inside the Church?</li><li>• Have I prayed my morning and night prayers?</li><li>• Have I prayed with my parents and family?</li><li>• Have I asked the Holy Spirit to help me whenever I have been tempted to sin?</li><li>• Have I asked the Holy Spirit to help me do what is right when others wanted me to do wrong?</li><li>• Have I used God's name as a cuss word?</li><li>• Have I read my Bible weekly?</li><li>• Have I made fun of another's love of God?</li><li>• Have I told inappropriate jokes?</li></ul> <p><b>Responsibilities to others and myself:</b></p> <ul style="list-style-type: none"><li>• Have I been obedient and respectful to my parents and teachers?</li><li>• Have I talked back to parents, teachers or other adults?</li></ul>	<p><b>Responsibilities to others and myself continued...:</b></p> <ul style="list-style-type: none"><li>• Have I told lies?</li><li>• Have I been mean, stubborn or rebellious?</li><li>• Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?</li><li>• Have I yelled at anyone?</li><li>• Have I hit, kicked, or hurt anyone?</li><li>• Have I held grudges or not forgiven others?</li><li>• Have I treated others with respect or have I made fun of them and called them names?</li><li>• Have I talked about someone behind their back?</li><li>• Have I excluded others from activities?</li><li>• Have I apologized after hurting someone or being mean to them?</li><li>• Have I used bad language?</li><li>• Have I failed to do my chores?</li><li>• Have I failed to do my homework?</li><li>• Have I cheated in school work?</li><li>• Have I cheated in games/play?</li><li>• Have I thanked God for what I have or have I wanted another's things?</li><li>• Have I stolen anything? Have I returned it?</li></ul>
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**After** an examine, enter the Confessional when free. The Confessional is where we *list* our sin, and not where we walk through the examination process. In this we experience humility and the Lord's Mercy.

In the Confessional:

Father: In the name of the Father and of the Son and of the Holy Spirit. Amen.

**Bless me Father for I have sinned; It has been *(amount of time)* since my last Confession, and I accuse myself of the following\_\_\_\_\_ *(Insert the list of sins)***

*Father will then offer some advice and/or encouragement and assign a penance to be said in the pew.*

*Then Father will ask for you to pray an act of contrition*

**O my God, I am heartily sorry for having offended You, 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 You, my God, who are all good and deserving of all my love. I firmly resolve with the help of Your Grace, to confess my sins, to do penance, and to amend my life. Amen.**

Father will then give Absolution and say: *your sins are forgiven, go in peace. You: Thanks be to God.*