

## 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?</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> </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> <li>• Have I lied to them or to others?</li> </ul>	<p><b>Responsibilities to others and myself continued...:</b></p> <ul style="list-style-type: none"> <li>• Have I been mean, stubborn or rebellious?</li> <li>• Have I pouted and been moody?</li> <li>• Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?</li> <li>• Have I gotten angry at them? Have I hit anyone?</li> <li>• Have I held grudges or not forgiven others?</li> <li>• Have I treated other children with respect or have I made fun of them and called them names?</li> <li>• Have I excluded others from activities?</li> <li>• Have I used bad language?</li> <li>• Have I stolen anything? Have I returned it?</li> <li>• Have I failed to do my chores and homework?</li> <li>• Have I been helpful and affectionate toward my family?</li> <li>• Have I been kind and generous with my friends?</li> <li>• Have I talked about someone behind their back?</li> <li>• Have I cheated in school work?</li> <li>• Have I thanked God for what I have or have I wanted another's things?</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.*