

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. **GOD COMES FIRST:** Did I pray each day? Did I act with respect in Church? Did I participate at Mass?
2. **GOD'S NAME IS HOLY:** Did I always use God's Name in the right way? Did I treat and talk about holy things properly?
3. **GOD'S DAY IS HOLY:** Did I go to Mass on Sundays and Holy Days? Did I miss Mass through my own fault?
4. **HONOR YOUR FATHER AND MOTHER:** Did I obey my parents? Did I treat them with respect? Was I obedient and respectful to my teachers, priests and others in authority?
5. **DO NOT KILL:** Have I been kind to my brothers and sisters, friends and people in my classroom by not hitting or hurting their bodies? Did I harm anyone's reputation by hurtful, cruel words?
6. **BE PURE:** Were my thoughts, words and actions good and pure? Have I been careful to watch only good movies, shows and things on the computer? Have I been careful in what I have listened to and what I have said? Have I dressed and acted modestly?
7. **DO NOT STEAL:** Have I always been honest? Did I take what didn't belong to me? Did I return what I borrowed or found? If I broke something, did I fix or replace it? Did I cheat on my homework or tests?
8. **DO NOT LIE:** Have I always told the truth? Have I said or repeated anything hurtful about anyone that was not necessary to say? Was I quiet about something when I should have spoken up? (sin of omission)
- 9&10. **DO NOT WANT YOUR NEIGHBOR'S WIFE OR THINGS:** Have I been satisfied with what I have? Have I been jealous of another's things, toys or belongings? Have I begged from my family and friends for what they have and what I want? Am I thankful for what I have?

ACT OF CONTRITION

O 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.*

HOW TO MAKE A GOOD CONFESSION

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..." (tell the number of times you committed each sin, if possible)

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.