

A SHORT CATHOLIC EXAMINATION OF CONSCIENCE: FOR KIDS

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