

An Examination of Conscience for Children

Showing love and respect to God

- Do I love God above all things?
- Do I make time to pray to God?
- Have I misused God's name in anger or frustration?
- Do I attend Mass on Sunday?
- Do I let myself get distracted at Mass?



Showing love and respect for ourselves

- Am I loving and respectful, and obedient to my parents, and for all who take care of me?
- Do I complete my chores and tasks to the best of my ability?
- Am I a good example? Do I convince others to do bad things?
- Am I selfish by action or by words?
- Do I get jealous of others?
- Do I waste time in class?
- Do I nag my parents into buying things because my friends have them?
- Am I thankful for everything God has given me?

Showing love and respect for our neighbors

- Do I say hurtful things to others when I am angry or upset?
- Do I argue and fight?
- Have I stolen things that do not belong to me?
- Do I tell lies?
- Do I get jealous of others?
- Have I prayed for others?
- Do I bully others at school or online?
- Do I forgive?

PRAYER FOR A Good Confession

Come, Holy Spirit, into my soul. Show me my sins, both the wrong that I did, and the good I failed to do.

Give me the grace to be sorry for my sins, so that through this Sacrament of Confession, my soul might be healed and strengthened to do good.

Amen!



How to Confess

1. The priest will greet you and together, you will do the **Sign of the Cross**.
2. Say, "**Bless me Father for I have sinned. It has been _____ since my last confession.**"
3. Tell your sins to the priest. Only list the sins. Do not explain why you sinned. When you are done, say, "**I am sorry for these and all my sins.**"
4. The priest will give you some advice on how to be better, and then will give you your penance. You will do these after you leave the confessional.
5. Pray the **Act of Contrition**.
6. The priest will give you God's forgiveness through the prayer of absolution. You will respond, "**Amen.**"
7. The priest will say, "*Go in peace.*" You will respond, "**Amen.**"
8. After the priest dismisses you, leave the confessional and do your penance immediately.