

# An Examination of Conscience for Children

## Responsibilities to God:

Have I prayed every day?

Have I prayed my morning prayers and night prayers?

Have I prayed with my parents and family?

Have I been moody and rebellious about praying and going to church on Sunday?

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?

## Responsibilities to others:

Have I been obedient and respectful to my parents?

Have I lied or been deceitful to them or to others?

Have I been arrogant, stubborn or rebellious?

Have I talked back to parents, teachers or other adults?

Have I pouted and been moody?

Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?

Have I gotten angry at them? Have I hit anyone?

Have I held grudges or not forgiven others?

Have I treated other children with respect or have I made fun of them and called them names?

Have I used bad language?

Have I stolen anything? Have I returned it?

Have I performed my responsibilities, such as homework and household chores?

Have I been helpful and affectionate toward my family?

Have I been kind and generous with my friends?

*Copyright, Fr. Thomas Weinandy. This resource may be reproduced and distributed free of charge by permission of the author.*

# How to Go to Reconciliation

## Before Confession

- 1) Ask the Holy Spirit to help you make a good Confession.
- 2) Use the Examination of Conscience to prepare
- 3) Wait in line.

## Inside Confession

- 1) Make the Sign of the Cross
- 2) Say: Bless me, father, for I have sinned.
- 3) Say: This is my first Confession or if you have been before say how long it has been since your last Confession.
- 4) Say: Confess your sins to the priest.
- 5) The priest will then give you some advice and assign you a penance.
- 6) If you have a question about the penance ask the priest.
- 7) Pray the Act of Contrition
- 8) The priest will then offer you the prayer of Absolution.
- 9) You might thank the priest before leaving.

## After Confession

- 1) Make the Sign of the Cross
- 2) Do your penance as soon as possible.
- 3) Say a prayer of thanks to God for forgiving your sins.
- 4) Be joyful and spread God's love to all those you meet!