



**EXAMINATION OF CONSCIENCE
FOR KIDS**

STEPS FOR SACRAMENT OF RECONCILIATION (CONFESSION)

You may bring this pamphlet into Confession to help you if you would like.

1. Examine your conscience by using the questions below.
2. Say, "Bless me, Father, for I have sinned. It has been [say the amount of time] since my last Confession. These are my sins."
3. Tell your sins to the priest, who is there taking the place of Jesus. He is there to hear your sins and give you God's forgiveness.
4. The priest will briefly give you some advice and give you a penance, which is a small act of love.
5. Say the Act of Contrition.
6. Listen as the priest prays the Prayer of Absolution (this is when your sins are forgiven). Make the Sign of the Cross when the priest does the same.
7. Return to your pew and pray your penance.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who are all good, and deserving of all my love.

I firmly resolve, with the help of Thy grace, to sin no more, and to avoid the near occasion of sin. Amen.

EXAMINATION OF CONSCIENCE FOR CHILDREN

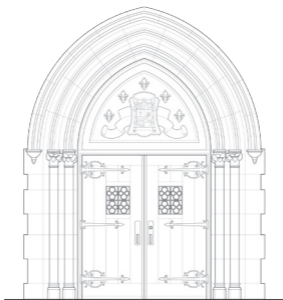
Responsibilities to God:

- Have I prayed every day?
- Have I gone to Mass every Sunday?
- Have I been well-behaved and prayerful at Mass?
- Have I used God's name only in kind ways?
- Have I been respectful to God in my words and actions?

Responsibilities to others:

- Have I listened to my parents, teachers, coaches, etc.?
- Have I followed my parents', teachers', coaches' rules?
- Have I lied to anyone?
- Have I talked back to parents, teachers or other adults?
- Have I pouted or been moody?

- Have I been selfish toward my parents, siblings, teachers, or friends (e.g. not sharing or helping)?
- Have I gotten angry at anyone?
- Have I hit anyone?
- Have I held grudges or not forgiven others?
- Have I apologized when I have done something wrong?
- Have I treated others with respect or have I teased or bullied anyone?
- Have I used any bad language?
- Have I taken anything that is not mine?
- Have I been impatient with myself or others?
- Have I performed my responsibilities, such as homework and chores?
- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?



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