

## Examination of Conscience for Children

### **You shall not commit adultery.**

*Do I watch bad movies, shows, video games or pictures? Do I touch my own or someone else's private parts? Do I dress in a way that is not appropriate for my age? Do I make bad jokes or comments? Do I try to make my parents fight or keep them from spending time with each other?*

### **You shall not steal.**

*Did I steal or take something that does not belong to me, even if it is a little thing? Do I cheat in to on tests or games? Did I destroy other people's things? Did I borrow things and purposely not return them? Do I give to the poor?*

### **You shall not bear false witness against your neighbor.**

*Did I lie or gossip? Did I exaggerate or boast to make myself look good? Did I try to get others in trouble? Did I flatter others because I want to be accepted by them? Did I point out other people's faults unnecessarily? Did I fail to keep secrets? Did I not tell the **whole** truth?*

### **You shall not covet your neighbor's wife.**

### **You shall not covet your neighbor's goods.**

*Do I get jealous of what others have or the lives they live? Do I think unkind things about others? Do I want to destroy what others have because I don't or can't have it? Do I wish bad things to happen to people? Am I ungrateful of the life and things I have? Am I always comparing my life with others?*

### **NOTE: What would Jesus do?**

If you're not sure if something you have done or have failed to do is a sin, think about Jesus. Would He have done the same thing? If not, then I should not do it.

## ACT OF CONTRITION

O my God, I am heartily sorry for having offended You and I detest my sins because of Your just punishments, 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 sin no more and to avoid the near occasion of sin. Amen.

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## Steps to making a good Confession

1. Ask the Holy Spirit to help you know your sins. Make a good examination of conscience. Resolve to never do these sins again.
2. Choose to kneel or sit face to face. After the priest greets you, make a Sign of the Cross and say, "**Bless me Father for I have sinned. It has been \_\_\_\_\_** (days, months, years) **since my last confession. These are my sins.**"
3. Confess your mortal sins by kind and number, and confess your venial sins. When you are done confessing your sins, say, "**For these and all my sins, I am truly sorry.**"
4. Listen to the advice the priest gives you and remember the penance he tells you to do.
5. Say the **Act of Contrition** (see back)
6. The priest will absolve you from your sins and will end with the Sign of the Cross. He may say, "Give thanks to the Lord for He is good" or "The Lord has forgiven you of your sins. Go in peace."
7. Say: "**Thanks be to God.**"
8. Pray the prayers or do the penance the priest asks you to do as soon as possible.
9. Thank God for His love and mercy.

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**I am the Lord your God, you shall have no other gods before Me.**

*Do I put TV, music, video games, sports, friends or other things or people before my relationship with God? Do I fail to pray everyday?*

**You shall not take the Name of the Lord your God in vain.**

*Do I use God's Name in anger or in a bad way? Do I use the Name of Jesus, Mary, and the saints in unholy ways? Do I use bad language? Do I fail to keep promises when I say, "I swear to God"?*

**Remember to keep holy the Lord's Day.**

*Do I attend Mass every Sunday and on holy days of obligation, unless I am sick or there is an emergency? Did I miss Mass for sports or other activities? Did I pay attention at Mass or during prayers? Did I distract others during Mass or prayers? Did I fail to spend time with my family and serve them on Sundays?*

**You shall honor your father and your mother.**

*Do I talk back or disrespect my parents (teachers, coaches, and other authorities)? Do I fail to listen to my parents when they are talking to me? Do I take my parents and family for granted and not show them love? Do I listen to my friends more than my parents? Do I fail to do my chores when I am asked? Do I delay obeying my parents? Am I selfish? Do I fail to help my brothers and sisters? Do I take correction humbly and try to do better?*

**You shall not kill.**

*Do I hate anyone? Do I pick fights or try to hurt others? Have I told lies about a person to ruin his/her reputation? Do I fail to control my temper? Was I mean to anyone? Do I refuse to help those in need, including those whom I don't like?*