

# Examination of Conscience for Middle School Youth

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

*Have I indulged in inappropriate relations that are reserved for the married? Have I failed to be pure in thought, word, or deed (alone or with others)? Did I view pictures, shows, read stories, play games, or see things on the internet that do not respect the dignity of marriage? Do I go to places or spend time with people who may lead me to sin? Did I fail to treat people with respect? Did I dress inappropriately?*

## **You shall not steal.**

*Did I steal anything (or help others to steal)? Did I keep stolen things given to me by others? Did I cheat in class or at home? Did I keep valuable things when found without trying to return them? Did I claim someone else's work or ideas as my own?*

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

*Did I tell lies and hurt others? Did I gossip? Did I talk about the sins of others unnecessarily? Did I talk behind others' backs? Did I fail to keep my promises?*

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

*Did I look at others with lust? Did I try to pit my parents against each other?*

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

*Did I ruin another's property? Was I envious of others? Was I jealous of other's property, talents or looks? Was I jealous because others did better than me? Did I fail to rejoice in the success of others?*

## **Sins against the Precepts of the Church.**

*Did I ever make a bad confession by keeping back a mortal sin? Did I fail to be truly sorry for my sins? Did I do a good examination of conscience before confession? Did I fail to do or say the penance afterwards? Did I fail to go to Confession once a year? Did I fast before receiving Holy Communion? Did I receive the Eucharist when I was in mortal sin? Did I fail to receive the Eucharist at Easter time?*



## 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.**

Have I failed to learn about God or my faith though my own fault? Did I value other things more than God (e.g., money, entertainment, work, etc.) Did I fail to do my prayers with all my heart? Was I afraid to tell others about Jesus?

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

Did I use the Holy Name of God or Jesus in anger or fun (e.g., OMG)? Did I curse using God's Name? Did I anger others so as to make them curse? Did I make fun of holy people or things?

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

Did I miss Mass on Sundays or on Holy Days, unless I was sick or there was an emergency? Did I come late to Mass? Did I leave before Mass was over, without any good reason? Did I fail to pay attention, distract others or interrupt their prayers during Mass? Did I fail to spend time with my family on Sundays? Did I do unnecessary work on Sundays?

### **Honor your father and mother.**

Did I disobey my parents? Did I make fun of people? Was I mean or disrespectful to my parents or my siblings? Did I fail to respect those who have authority over me (e.g., teachers, priests, police, etc.)? Did I disobey just rules without a good reason?

### **You shall not kill.**

Did I fail to be thankful for the life God has given to me and others? Did I think myself better than others? Did I fight and quarrel with others? Have I been mean to others? Was I angry or stubborn, or lazy? Did I eat or drink too much, or in any other way hurt my body? Did I hate others? Did I try to make others hate these people, too? Did I try to get even with others or fail to forgive them? Did I lead other boys or girls into sin by my bad example? Was I mean or cruel to animals? Do I fail to show special care and respect for babies and the elderly?