



EXAMINATION OF CONSCIENCE FOR CHILDREN

STEPS TO A GOOD CONFESSION

1) PREPARE FOR CONFESSION

- a. Ask the Holy Ghost to help you to know your sins.
- b. Use the examination of conscience to help you to call to mind your sins since your last good confession.
- c. Resolve to never do these sins again.

2) MAKE A GOOD CONFESSION

- a. Kneel down in the confessional.
- b. Begin with the Sign of the Cross and then say: "Bless me Father for I have sinned, it has been [how long] since my last confession, and these are my sins:
- c. Confess your serious (mortal sins) by kind and number and confess any less serious (venial) sins you really want help with. When you are done confessing your sins, say: "For these and all my sins I am sorry."
- d. The priest may give you some advice and will give you a penance to do after your confession. Remember your penance.
- e. Pray your Act of Contrition
- f. The priest will give you absolution. Make the sign of the cross as he says "...in nomine Patris, et Filii, et Spiritus Sancti. Amen."
- g. The priest will give you a dismissal. Respond, "Thank you Father", and step out of the confessional.

3) DO YOUR PENANCE

- a. Pray the prayers or do the thing the priest asked you to do for your penance
- b. Thank God for his mercy
- c. Do your penance as soon as you can after your confession

EXAMINATION OF CONSCIENCE

I am the Lord thy God. Thou shalt not have strange gods before me

- Have I wanted more things, making things more important than God?

Thou shalt not take the name of the Lord thy God in vain

- When I make promises, do I take them seriously?
- Do I use God's name carelessly or in anger?
- Do I use other inappropriate language?

Remember thou keep holy the Lord's day

- Did I stay home from church when I could have gone with my family?
- Have I tried to get a ride to church for Mass if I needed one?
- Have I remembered to pray regularly?

Honor thy father and thy mother

- Do I obey my parents or do I delay obedience?
- Have I done my chores without complaining?
- Have I been disrespectful to teachers or coaches?

Thou shalt not kill

- Do I keep my patience or do I lose my temper?
- Do I hold grudges and try to get even with others?
- Have I been unfair to others?
- Have I refused to forgive someone else?
- Have I caused another person to sin?

Thou shalt not commit adultery

- Have I forgotten to show respect for the bodies of others as well as myself? Have I used my body inappropriately?
- Do I avoid harmful things like drugs, tobacco and alcohol?
- Have I watched inappropriate television or gone to internet sites I am not supposed to?

Thou shalt not steal

- Have I taken something that belongs to someone else?
- Have I "forgotten" to return something that I borrowed?
- Have I used money responsibly?

Thou shalt not bear false witness against thy neighbor

- Do I play fairly or do I ever cheat at school or games?
- Have I not been honest, truthful, and fair? Have I lied?
- Have I hurt someone by what I have said or done?
- Do I gossip?
- Have I copied someone else's homework?

Thou shalt not covet thy neighbor's wife

- Have I been jealous of friends that someone else has?
- Have I tried to be kind to others?
- Have I looked impurely on another?

Thou shalt not covet thy neighbor's goods

- Have I been jealous of the things that my friends have?
- Have I nagged my parents into buying things because I want them or because my friends have them?
- Have I helped others when they needed help?

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

