

Examination of Conscience For Children

My Relationship with God

- Do I remember to pray each day?
- Do I pay attention at Mass? Have I fooled around in Church?
- Do I use God's name or Jesus' name without respect or when I am angry?

My Relationship with Family, Friends and Neighbors

- Do I obey my parents and my teachers? Do I do what they ask me to do?
- Do I say mean things to my mom or dad?
- Do I always say "Thank You" to people?
- Am I hard to get along with (during school, at Grandma's, at home)?
- Am I lazy around the house? Do I do my chores?
- Do I hurt others people's feelings by calling them bad names? Do I make fun of others?
- Do I tell lies?
- Do I bully others?
- Do I start fights with my brothers and sisters at home?
- Do I blame other people for things I do?
- Do I get other people into trouble?
- Do I hit people when I get mad?
- Do I forgive people when they hurt me? Or do I hold a grudge?
- Do I cheat or play unfair in games?
- Do I refuse to play with someone for no good reason?
- Am I was lazy about my schoolwork?
- Do I fail to do my homework?
- Do I cheat in school?
- Do I take anything that doesn't belong to me? Do I return things that I borrow in good condition?
- Do I take care of my belongings and those of others?
- Do I refuse to eat food I didn't like?
- Do I follow rules about using the computer at home?

Procedure for a Good Confession

1. Examine your conscience: Think about your sins. Try to remember all of them. Prepare to tell the priest.
2. Enter the Confessional.
3. Sit across from the priest, and as you bless yourself, say "Bless me Father for I have sinned, it has been (length of time) since my last confession, and these are my sins.
_____, _____, _____, _____.
4. After stating your sins, say, "That is all Father."
5. The priest may talk to you a little about your sins, and how to live a holier, happier life.
6. The priest will give you your "Penance" – some prayers to say or action to do after confession.
7. He will ask you to say the Act of Contrition.
8. He will extend his hand over you and pray the Prayer of Absolution. As the priest says the Prayer of Absolution, bless yourself.
9. The priest may then say, "God Bless You", and you can say "Thank you Father" or "God Bless you too Father."
10. Then you will leave the confessional, kneel at the altar, and say your Penance.

Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against You
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Saviour Jesus Christ
suffered and died for us.
in His Name, my God, have mercy.
Amen.