

Examination of Conscience for Children

- † Have I prayed each day?
- † Have I tried to learn more about God?
- † Have I told others about Jesus?
- † Have I used God's name respectfully?
- † Have I used bad language?
- † Have I missed Mass on Sunday or a Holy Day of obligation?
- † Have I helped my parents and family get to Mass?
- † Have I paid attention at Mass?
- † Have I thanked my parents for the sacrifices that they have made for me?
- † Have I listened to my parents?
- † Have I done all my class work or my chores at home in the best way I could?
- † Have I listened to my teachers?
- † Have I helped my brothers, sisters, and classmates when they needed my help?
- † Have I been unkind to others?
- † Have I made fun of or said mean things to others or about others behind their backs?
- † Have I hit, kicked, or in any way hurt others on purpose?
- † Have I been willing to play with everyone?
- † Have I taken care of myself by playing safely & eating right?
- † Have I forgiven those who have hurt me?
- † Have I watched only television or movies that Jesus would approve of?
- † Have I looked at bad pictures?
- † Have I taken things or kept things that belong to others?
- † Have I wasted time or food?
- † Have I told a lie or lies?
- † Have I said things about others that are not true?
- † Have I kept my promises?
- † Have I cheated in class, on my homework, or in a game?
- † Have I been jealous of others or things that others have?
- † Have I respected the property of others?
- † Have I shared with others?

How to Go to Confession

After taking some quiet time to think and pray over the Commandments, here is what will happen:

1. The priest will begin with the Sign of the Cross.
2. Begin by saying, **"Bless me Father for I have sinned, it has been (number of days, weeks, months, etc.) since my last confession. These are my sins."**
3. Confess all venial sins for which you desire forgiveness. All mortal sins since your last confession must be confessed.
4. At the end of your confession, say these or similar words, **"For these and all the sins of my life I am sorry."**
5. The priest may ask for clarification or provide counsel.
6. The priest will give you a penance.
7. Make an Act of Contrition in these or similar words: **"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 Savior Jesus Christ suffered and died for us. In His name, my God, have mercy."**
8. The penitent receives absolution.
9. Thank the priest, leave the confessional, and say or do the penance as soon as possible.

