

**SAINT VINCENT DE PAUL
CATHOLIC CHURCH
EXAMINATION OF CONSCIENCE**

**DESIGNED FOR
FOURTH AND FIFTH GRADE**

This is to help you prepare for your Confession.

While no one is required to go to Confession [unless one has mortal sin], it is one of the Sacraments that Jesus gave to His Church, and He desires that we make use of this Sacrament to have our sins forgiven.

Use this guide to help think about your relationship with God and the people in your life. If you are guilty of any of these sins pray for courage and humility.

When ready, go to any of the priests you choose. You begin by saying, "**Bless me Father for I have sinned. It has been _____ (how long has it been) since my last Confession.**"

Tell the priest your sins. He cannot tell anyone what you have said. Sometimes sin can be confusing, and it can create questions as to whether or not an event was truly sinful. If you have specific questions, feel free to ask the priest. He may ask you a question to help understand what you said.

1. I am the Lord your God. You shall not have strange gods before me.

- Do I give time every day to God in prayer?
- Have I made clothing, toys, computers, other things, more important than God?
- Do I bend or break God's rules just to fit in?
- Do I lead others to God by the choices I make?

2. You shall not take the name of the Lord your God in vain.

- Do I use God's or Jesus' name carelessly or in anger?
- When I make promises, do I keep them?
- Am I reverent in church or at times of prayer?

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

- Have I missed Mass on Sunday or any Holy Day of obligation through my own fault?
- Do I arrive at church late or leave early?
- Do I behave and pay attention during Mass?
- Do I recognize that God is truly present in the Eucharist during mass?

4. Honor your father and your mother.

- Do I respect and obey my parents? Especially Do I obey my parents when they say "No,"?
- Do I thank my parents for everything they do for the family?
- Have I done my chores without complaining?
- Have I been mean to my brothers and sisters?
- Am I a good example to others, especially to younger siblings?
- Have I been disrespectful to other people?

5. You shall not kill.

- Do I hurt or beat up others?
- Do I say cruel things, or make fun of others to hurt their feelings?
- Do I say mean things about others behind their backs?
- Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- 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, especially those who are different than I am?
- Have I refused to forgive someone else?
- Do I avoid harmful things like drugs, tobacco and alcohol?

6. You shall not commit adultery.

- Do I treat my body and other people's bodies with purity and respect?
- Do I look at television shows, movies, or pictures that are impure?
- Am I modest in my speech and the clothes I wear?
- Do I use language that is impure or makes fun of others or my own body?
- If impure thoughts come into my mind, do I ask God to help me get rid of them?

7. You shall not steal.

- Have I destroyed or misused another person's property?
- Do I return things that I borrow? In good condition?
- Have I taken something that belongs to someone else?
- Have I neglected to return something that I borrowed?
- Have I used money responsibly?



I thank you Jesus for forgiving my sins today. I know that I don't always live as I should. You gave your life for me so I can return to holiness and I promise to do my very best to love you, my family, friends and all those I meet.

8. You shall not bear false witness against your neighbor.

- Do I tell the truth?
- Do I cheat in school or play unfairly in games?
- Have I copied someone else's homework?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from punishment?
- Do I tell lies that make another person look bad or get them in trouble?
- Do I gossip and/or spread rumors?

9. You shall not covet your neighbor's wife.

- Do I get mad when I have to share my friends?
- Do I prevent someone from being friends with someone else?
- Do I try to steal someone else's friends?
- Do I try to avoid idleness? Have I used foul or ugly language?
- Do I get jealous of other people being friends with my friends?

10. You shall not covet your neighbor's goods.

- Am I jealous or envious of the things or abilities that others have?
- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have with my family, friends and poor people?
- Have I nagged my parents into buying things 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 You, and I detest all my sins, because of your just punishments; but most of all because they have offended 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 occasions of sin. Amen.

Or

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.