

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

**DESIGNED FOR GRADES
SIX, SEVEN AND EIGHT**

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.

I. I am the Lord your God. You shall have no strange gods before me.

Do I say my morning and evening prayers with sincere purpose?

Do I include prayer and thoughts of God during the day, at school, sports, or play?

Did I remember to thank God for everything, especially for my health and talents, my home and parents, and for the country and world in which I live?

Did I receive Communion before confessing a mortal sin?

Have I been involved with superstitious practices, believing that they can predict or control my life?

Did I lie in Confession or deliberately withhold a mortal sin?

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

Do I respect and honor the name of the Lord?

Do I use words to hurt others?

Do I use respectful and honorable language?

Do I wish evil or ill will upon anyone else?

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

Have I deliberately missed Mass on Sundays or Holy Days of Obligation?

At Mass do I try to bring my attention back to prayer when I may get distracted?

Do I make the Lord's Day important to me?

Do I remember that my strengths come from God, and without Him I can do nothing?

Do I dress properly for Mass and help my family get to Mass on time?

Do I do any needless work on Sundays?

Do I prepare myself for Holy Mass by observing the Eucharistic Fast?

IV. Honor your father and your mother.

Have I been respectful, kind, and attentive to my parents and those who love and care for me?

Have I talked back or been disobedient to my teachers, coaches, religious, clergy, etc.?

Have I dishonored my parents by failing to respect others?

Have I done my chores without complaining?

Have I deliberately caused conflict and/or fights within my family?

Have I shown affection to my parents?

V. You shall not kill.

Do I appreciate, respect, value, and defend all human life?

Have I physically harmed or killed anyone?

Do I do things that harm the life I have been given by abusing drugs or alcohol?

Do I properly care for my own body by eating, exercising, getting enough sleep, etc.

Have I judged others by the color of their skin, or the accent of their voice?

Have I been unkind to others, especially those who are different from me?

Am I a bully who pushes others around?

Do I participate in a clique that excludes or is unkind to others?

Do I stand up for others, even when it is not popular or easy?

Have I caused someone else to sin?



VI. You shall not commit adultery.

Have I prayed for a mind and heart of purity and tried to rid my mind of unchaste thoughts?
Was I careful to dress and speak modestly?
Have I engaged in any sins with my body (impure touching, etc.) or by touching another's body in the wrong way?
Do I engage in or encourage others to engage in looking at or reading books, magazines, TV, web sites, movies, texting, emails, music, jokes, or other media that are indecent or show disrespect to people's bodies?
Did I put myself at risk for committing a sin by engaging in impure thoughts, words, or actions with others?

VII. You shall not steal.

Have I taken something that belongs to someone else?
Have I returned or made restitution for what I have stolen?
Do I steal, cheat, or encourage others to do this?
Have I cheated or allowed others to cheat by taking someone else's test answers or school work as my own?
Have I kept something that I should have given back, like a borrowed item or the wrong amount of change at a store?
Have I quickly paid what I owe?
Do I waste time at work, school, or home?

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

Am I truthful and honest in my dealings with others?
Have I lied or gossiped, or have I spread rumors, true or false?
Have I spoken badly of someone behind his or her back or let gossip influence my opinion of other people?
Do I keep secret that which should be kept confidential?
Am I critical or uncharitable in my thoughts about others?
Am I forgiving, or do I hold grudges?
Have I looked for opportunities to do kind things for others?

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

Have I been jealous of friends that others have?
Have I created a split between other's friends or relationships?
Have I tried to be kind to others?
Am I envious of others? Do I resent their popularity or success?
Do I feel I have to put others down in order to feel better about myself?
Have I prayed to get rid of impure thoughts immediately? Or have I dwelled on them or been overly curious?

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

Do I remember that it is who I am, not what I own, that is really important?
Have I been jealous of other people's families?
Do I let greed or envy take over my thoughts? Am I selfish? Am I ungrateful for the things I have?
Have I nagged my parents for things or to buy things only because my friends have them?
Have I wanted more material things, making them more important than God or the poor?

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.