

Examination of Conscience for Youth in 6th Grade or Older

Preparing for the sacrament of reconciliation is an opportunity to think about what is troubling our hearts, about who we are and the changes we would like to make in our lives. The Sacrament of Reconciliation offers us a chance to speak and pray with someone who can help us change our lives for the better and become the people God made us to be.

The following are questions to help you examine your conscience. Be honest. Ask yourself, “What do I do well?” “What do I want to change about myself?” and “How do I want God to transform and change me?”

6th Grade and Older

6° - 8° Grados

Examinación de Conciencia

Examination of Conscience

La preparación para el sacramento de reconciliación es una oportunidad para pensar en las cosas que preocupan nuestro corazón, acerca de quiénes somos y de los cambios que queremos hacer en nuestras vidas. El Sacramento de la Reconciliación nos da la oportunidad de hablar y orar con alguien quien nos pueda ayudar a mejorar nuestras vidas y convertirnos en la persona que Dios quiere que seamos.

Las siguientes preguntas son para ayudarte a examinar tu conciencia. Se honesto(a). Pregúntate, ¿Que es algo que hago bien? ¿Que es algo que me gustaría cambiar de mí mismo(a)? y ¿Cómo quiero que Dios me transforme y me cambie?

This examination of conscience was developed for the Archdiocese of Milwaukee by the staff of the
TYME OUT Youth Ministry Center

Examination of Conscience for Youth in 6th Grade or Older

My relationship towards God

How do I pray?

- Out of fear
- Out of need
- Out of desire for personal gain
- Out of my personal relationship and respect for God
- I don't pray

How do I attend Mass?

- Out of habit
- Bitterly because I feel I have to
- Out of fear
- Open to the experience, when it fits my schedule
- Regularly, with respect for the Eucharist
- As a part of the community
- I don't attend Mass

How do I use God's name?

- To swear or cuss
- To express anger
- With respect and love

How do I treat all of God's creation?

- I respect other people equally regardless of race, religion, or economic status
- I see all life as sacred even the unborn
- I am wasteful with the earth's resources
- My relationship with God is separate from everything else and has no impact on how I see or treat the world around me

Examination of Conscience for Youth in 6th Grade or Older

My relationship towards other people

How do I treat my family?

- I help when they are in need, even when it is not convenient for me
- I tease and push around my siblings
- I tell my parents where I am going and whom I am hanging out with
- I believe that family comes first
- I fight with or ignore members of my family and make no effort to try to make peace with them
- I forgive them when I feel they've hurt me

How do I treat other people's sexuality?

- I use crude language and jokes
- I use people for my own physical pleasure
- I see sex as something to be shared by any two people who think they love each other, even outside of marriage
- I see sex as a gift from God and something that should be saved for marriage

How do I treat my teachers?

- I am rude
- I don't do my homework
- I am disruptive in class
- I do all my work and show respect
- I am bored and don't pay attention

How do I treat people that I don't know?

- I cheat or lie to get what I need
- I honor and follow through on all the promises and commitments I have made
- I am kind and courteous
- I don't care because I'll never see them again Share what I have with others

How do I treat my friends?

- With love and respect
- I use them to gain popularity or gifts
- I make fun of them behind their backs
- I accept and understand their differences
- I forgive them when they hurt me
- I compliment and encourage them

This examination of conscience was developed for the Archdiocese of Milwaukee by the staff of the
TYME OUT Youth Ministry Center

Examination of Conscience for Youth in 6th Grade or Older

My relationship towards myself

How do I see myself?

- Created in the image and likeness of God
- I focus only on what I don't like about myself

How do I treat myself?

- I misuse drugs, tobacco or alcohol
- I disrespect my sexuality
- I cause physical damage to my body
- I take care of my physical, emotional and spiritual well-being

How seriously do I take my education?

- I blow off my studies
- I complete my assignments
- I participate in class and school activities

How do I make choices?

- Because everyone is doing it
- It's the easiest way out of the situation
- I want to be popular
- My relationship with God tells me it's the right thing to do

Summary Reflection

Now that you have reflected on your relationship toward God, toward other people, and toward yourself - ask yourself:

For what do I seek forgiveness?

How do I want God to transform me, to change me for the better?

What will I confess and ask God for forgiveness and the grace to change?

**Examination of Conscience
for Youth in 6th Grade or Older**

Support of My Family

What do I need from my family to be strong in my faith and to be the person God made me to be?

Examination of Conscience for Youth in 6th Grade or Older

Steps of Sacrament of Reconciliation

Go to the priest.

Priest welcomes you.

Make the Sign of the Cross.

Pray “*Bless me Father for I have sinned. This is my first confession. These are my sins.*”

Tell your sins, for example:

- *I talk at mass and disturb people around me, especially my parents.*
- *I make fun of my little brothers and sisters.*
- *I take my older brother’s things and play with them without asking permission*

Listen to the priest as he talks with you and **accept the penance from him.** For example, he might say:

- *For your penance, pray three Hail Marys and two Our Fathers.*
- *For your penance, say one Hail Mary one Our Father. Also, offer to read a book to your little brother while your mother and father relax after dinner.*

After he gives the penance to you, **pray the Act of Contrition.**

The priest will then give you an absolution, holding his hand above your head. At the end, **you will make the sign of the cross** as he says something like: *...and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.*

You answer: *Amen.*

The priest says: *The Lord has freed you from your sins. Go in peace.*

You answer with: *Thanks to be to God.*

Go to a pew where you can quietly say the prayers you were given as your penance.

When finished, rejoin your parents and you can leave the church.

Examination of Conscience for Youth in 6th Grade or Older

Pasos del Sacramento de la Reconciliación

Ir al sacerdote.

El sacerdote le da la bienvenida.

Hacer el Señal de la Cruz.

Rezar “Bendígame Padre, porque he pecado. Ese es mi primero confesión. Estos son mis pecados.”

Decir sus pecados, por ejemplo:

- **Hablo a la misa y molestar a aquellos a mi alrededor, especialmente a mis padres.**
- **Me burlo de mis hermanitos y mis hermanitas.**
- **Tomo las cosas de mi hermano mayor y jugar con ellos sin pedir su permiso.**

Escuchar al sacerdote y aceptar la penitencia de él. Por ejemplo:

- Por su penitencia, rezar tres Ave Marías y dos Padre Nuestros.
- Por su penitencia, rezar tres un Ave María y uno Padre Nuestro. También, ofrecer a leer un libro a su hermanito mientras sus padres se relajan después el cena.

Después de que él le da la penitencia, **rezar el Acto de Contrición.**

El sacerdote le dice: “Yo te absuelvo de tus pecados, en el nombre del Padre, y del Hijo, y del Espíritu Santo.” **Hacer el Señal de Cruz y le responder: “Amén”.**

El sacerdote le despide diciendo: “El Señor te libera de tus pecados. Vete en paz”.

Responder con “Demos gracias a Dios.”

Ir a uno banco y rezar en silencio la penitencia.

Ir a sus padres y salir de la iglesia.

This examination of conscience was developed for the Archdiocese of Milwaukee by the staff of the
TYME OUT Youth Ministry Center

**Examination of Conscience
for Youth in 6th Grade or Older**

An Act of Contrition

Oh 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. Amen.

**Examination of Conscience
for Youth in 6th Grade or Older**

Acto de Contrición

Dios mío,

me arrepiento de todo corazón

de todo lo malo que hecho y de todo lo bueno
que he dejado de hacer, porque pecando te he
ofendido a ti, que eres el sumo bien y digno de

ser amado sobre todas las cosas.

Propongo firmemente, con tu gracia,

Cumplir la penitencia, no volver a pecar y

Evitar las ocasiones de pecado.

Perdóname, Señor, por los méritos de la pasión

De nuestro salvador Jesucristo.

Amén.

**Examination of Conscience
for Youth in 6th Grade or Older**



aukee by the staff of the