

An Examination of Conscience for Children

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

Do I give time every day to God in prayer?
Do I put my trust in superstitions, good luck charms, rather than God alone?
Have I rejected any Church teaching or denied that I was a Catholic?

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

Have I used the words "God" or "Jesus" in anger or irreverently?
Have I used foul or ugly language? Have I wished evil on another?

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

Have I missed Mass on Sunday or any holy day of obligation?
Do I arrive at church late or leave early?
Do I try to be reverent and pay attention during Mass?
Do I avoid unnecessary work on Sunday?
Do I make Sunday a day of prayer or rest?

IV. Honor your father and your mother.

Do I respect and obey my parents?
Have I dishonored or mistreated them by word or deed?
Am I willing to help around the house or must I be nagged a hundred times?
Do I try to get along with my brothers and sisters?
Am I a tattletale or bully?
Do I give a good example, especially to younger siblings?
Do I respect others in authority: priests, nuns, police, old people, baby-sitters?

V. You shall not kill.

Do I beat up others or hurt their bodies?
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 try to love all people, born and unborn?

VI. 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 bad?
Am I modest in my speech and the clothes I wear?

VII. You shall not steal.

Have I taken things that were not mine from a store or another person?
Have I destroyed or misused another person's property for fun?
Do I return things that I borrow? In good condition?

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

Am I honest in my school work?
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?

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

Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
Do I get mad when I have to share my friends?
Are there kids I will not play with or be mean to because they look different?

X. 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?

Going to Confession

Student: “In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Priest: “May the Lord bless you and help you to make a good confession.”
(or similar words)

Student: “Bless me, Father, for I have sinned. My last confession was ___(length of time)____. My sins are... (list your sins) I am sorry for all my sins.”

Priest: (gives penance)

Student: (makes the Act of Contrition, listed below)

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 Savior Jesus Christ suffered and died for us, in His name, my God, have mercy. Amen.

Priest: (says the Prayer of Absolution)

Priest: “Give thanks to the Lord for He is good.”

Penitent: “His mercy endures forever.”

Priest: “Your sins are forgiven; go in peace.” (or similar words)

Penitent: “Thanks be to God. Thank you, Father.”