

Examination of Conscience for Children (4th-6th grade)

Before you receive the sacrament, spend time preparing yourself in mind and heart. Ask the Holy Spirit to help you to celebrate the sacrament well.

Next make a careful "examination of conscience". To do that, think carefully about your life and the things for which you need forgiveness. You can use the following questions if they help you but remember it is your confession and you need to think how you personally have sinned and how you personally need God's help.

Examination of Conscience for Children

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

Have I wanted more things, making things or money more important than God?
Have I made an idol of sports or entertainment figures?

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

Do I use God's name carelessly?
Do I use God's name in anger?

Remember to keep holy the Lord's Day.

Did I attend Mass on Sunday?
Did my behavior make it difficult or impossible for my parents to get to church on time?
Have I remembered to pray daily?

Honor your father and your mother.

Do I obey my parents?
Have I done my chores without complaining?
Do I do my chores without being reminded?
Have I been disrespectful to teachers, coaches or others in authority?

You shall not kill.

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?

You shall not commit adultery.

Do I show respect for my body?
Do I respect the bodies of others?
Do I avoid harmful things like drugs, tobacco and alcohol?

You shall not steal.

Have I taken something that belongs to someone else?
Have I "forgotten" to return something that I borrowed?
Have I used money responsibly?

You shall not bear false witness against your neighbor.

Do I play fairly or do I ever cheat at school or games?
Have I been honest or have I lied?
Have I hurt someone by what I have said or done?
Have I copied someone else's homework?

You shall not covet your neighbor's wife.

Have I been jealous of the friends that someone else has?
Have I tried to be kind to others?

You shall not covet your neighbor's goods.

Have I been jealous of the things that my friends have?
Have I nagged my parents into buying things because my friends have them?
Have I helped others when they needed help?

Guide for Confession

At Confession:

If it has been a long time since your last confession, do not worry; the priest is used to this. Just tell him that it has been a long time (say roughly how long) and he will help you to make a good confession.

You can take this handout with you to Confession.

•Begin by making the Sign of the Cross with the priest

•Then you can speak in your own words or you can say **"Bless me Father for I have sinned. My last confession was (share when it was: weeks, months) ...ago and these are my sins."**

•Now tell your sins simply in your own words. When you have finished, let the priest know.

The priest will talk to you and ask you to do penance. You can ask him questions if you want. Say an Act of Contrition.

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.

Wait while the priest says the prayer of "absolution".

I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit, Amen.

•If the priest asks you to do some prayers for your penance, you may go into the Church and say these now.

Spend some time in prayer to thank God for forgiving your sins and for a new beginning in renewing your relationship with him. Ask God for courage and strength to love God with all your heart and soul and mind and to try not to commit the same sins again.

