

dress or behavior? Have I neglected to control my imagination or desires concerning others? Have I looked at bad pictures or bad movies?

10. You shall not covet your neighbors goods. This commandment is about learning to control our desires for material things, so we should ask ourselves: Have I been jealous or envious of what other people have? Have I wanted things that were not mine or were not good for me? Have I wasted money on games or toys or other things that I do not need? Have I asked my parents to buy me things I know they cannot afford? Have I been selfish about sharing my things with others?

An Act of Contrition:

O my God,
I am heartily sorry for having offended You.
I detest all my sins because of
Your just punishments,
but most of all because they offend You,
My God, Who are all good and
deserving of all my love.
I firmly resolve, with the help of Your grace,
to confess my sins, to do penance,
and to amend my life.
Amen

My Notes

EXAMINATION OF CONSCIENCE FOR KIDS



Jesus Said, "Let the children come to me...for the kingdom of heaven belongs to such as these." Matthew 19:14

When we go to confession we always being by telling the priest how long it has been since our last confession. We should always tell the priest all of our sins openly and honestly so that he will know the best advice to give us. We should always listen to the advice the priest gives us, and after confession we must do our penance sincerely as a way of showing God that we are truly sorry for having committed sin.

The Five Steps for making a good confession

1. Examine Your Conscience.
2. Be Sincerely sorry for your sins.
3. Confess your sins honestly.
4. Decide not to sin anymore.
5. Do your penance.

My Examination of Conscience. The Ten Commandments are always the best guide for examining our conscience.

1. I Am the Lord Your God. Our first obligation is to love God above all things so we should ask ourselves: Have I loved God with all my heart? Do I say my prayers everyday? Do I show respect for God when I am in church?

2. You shall not take the name of the Lord your God in vain. Whenever we say bad words or give bad example to others we are breaking this commandment, so we should ask ourselves: Did I say any bad words? Have I been disrespectful to God in my thoughts or my speech? Have I caused others to be disrespectful of God? Have I given others a bad impression of Catholics or the Catholic faith? Have I failed to defend

God when others were being disrespectful?

3. Remember the Sabbath day, to keep it holy. Have I deliberately missed Church on Sundays or Holy Days of Obligation? Have I caused others to miss Church? Did I leave Church early without a good reason? Did I fight with my parents about going to Church? Did I pay attention in Mass? Have I fooled around in Church? Have I been a distraction to others who are trying to pray?

4. Honor your Father and Mother. This commandment is about being respectful to others, so we should ask ourselves: Have I treated my parents and grandparents with respect? Have I disobeyed my parents? Have I blamed my parents for my own faults? Did I say mean things to my parents or my family? Do I fight with my brothers and sisters? Have I been lazy or failed to do my chores? Have I shown proper respect to all of my family, including my brothers and sisters? Am I respectful of my teachers and others who give their time to help me grow up?

5. You shall not kill. This commandment is about not hurting others either physically or emotionally, so we should ask ourselves: Have I hurt someone? Have I hurt others feelings unnecessarily? Have I thought about hurting myself or others? Have I kept hatred or anger in my heart, refusing to forgive others? Do I hit people when I get mad or hurt their feelings? Do I forgive people when they hurt me? Did I refuse to play with someone for no good reason? Am I hard to get along with? Did I refuse to eat something that was good for me or fail to take my medicine?

6. You shall not commit adultery. This commandment is about respecting marriage; as children learning about marriage from our

parents we should ask ourselves: Do I help my parents to love each other? Have I caused my mother and father trouble? Have I respected my parent's privacy? Have I prayed for my parents when they are having problems?

7. You shall not steal. This commandment is about respecting other's property so we should ask ourselves: Have I taken something that is not mine? Did I ask permission before using something that was not mine? Did I cheat at school? Did I do my homework or my schoolwork? Have I damaged or broken others property? Have I been lazy in doing my chores or taking care of my pets?

8. You shall not bear false witness against your neighbor. This commandment is about telling the truth and protecting the reputation of others, so we should ask ourselves: Have I lied to my parents or my teachers or others? Have I repeated things about others I did not know to be true? Have I always told the truth when it was called for? Have I been honest and charitable in my conversations? Have I revealed secrets that should be kept confidential? Have I been critical, judgmental, negative or uncharitable when speaking to or about others? Have I injured the reputation of others by speaking publicly about their weaknesses or failures? Have I acted with prejudice or hatred towards others who are different from me? Have I blamed others for things that I do? Have I gotten others into trouble unnecessarily?

9. You shall not covet your neighbor's wife. This commandment is about learning to respect people's relationships, as children we should ask ourselves: Have I criticized other people's parents or family members? Have I had impure thoughts or done impure things? Have I contributed to others' impurity by immodest