

## EXAMINATION OF CONSCIENCE FOR CHILDREN

### Using the Lord's Prayer

**Our Father, who art in heaven, hallowed be Thy name.**

*Do I put God first in my life?*

*Do I listen and pray to God each day?*

*Do I pay attention and participate at Mass every week?*

**Thy kingdom come, Thy will be done on earth as it is in heaven.**

*Am I kind to others?*

*Have I been mean or lazy?*

*Do I do what Jesus wants me to do?*

*Do I bully others?*

*Do I share with others?*

*Am I helpful to my family and neighbors?*

*Do I show respect to my teachers and classmates?*

*Do I cheat or lie?*

**Give us this day our daily bread.**

*Do I remember to say thank you?*

*Am I sometimes greedy or selfish?*

*Do I think of ways to help those who have no food, clothes, shelter or friends?*

*Do I take things that don't belong to me?*

**Forgive us our trespasses as we forgive those who trespass against us.**

*Do I forgive others or do I hold a grudge?*

*Do I say I'm sorry when I have been wrong?*

*Have I done anything to hurt myself or others?*

*Do I help solve problems or do I cause more trouble?*

*Do I say bad things about people and hurt their feelings?*

**Lead us not into temptation, but deliver us from evil.**

*Do I play fairly in sports and games?*

*Do I stand up for others who are made fun of or being treated unfairly?*

*Do I let other kids tempt me to do things I know I shouldn't do? Do I tempt others?*

## THE SACRAMENT OF RECONCILIATION

(Feel free to take this into the Reconciliation Room with you)

A "Guide to Reconciliation"

- Prepare yourself through prayer asking God's help to know what it is you need to ask God for forgiveness and healing.
- Begin by making the Sign of the Cross.
- Priest will say a short prayer.
- You say, *"Bless me Father for I have sinned. My last confession was about (six weeks, six months, a long time ....) ago. These are the things I am sorry for and need God's help...."*
- Priest will give you a penance (usually a prayer or suggestion for a step in the right direction in your life).
- Priest will invite you to pray an act of contrition. Here is a suggested form:  
  
*"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".*
- Listen and feel the love and mercy God has extended to you with the words of absolution.
- Make the Sign of the Cross as you are blessed at the end.