

## Examination of Conscience for Children

- Have I failed to pray each day?
- Have I failed to learn more about God?
- Have I failed to tell others about Jesus?
- Have I used God's name disrespectfully?
- Have I used bad language?
- Have I missed Mass on Sunday or a Holy Day of obligation?
- Have I failed to help my parents and family get to Mass?
- Have I failed to pay attention at Mass?
- Have I failed to thank my parents for the sacrifices they have made for me?
- Have I been disrespectful to my parents or grandparents?
- Have I been disrespectful to my teachers or coaches?
- Have I been disrespectful to my brothers, sisters, and classmates?
- Have I been unkind to others?
- Have I said mean things to others or about others behind their backs?
- Have I hit, kicked, or in any way hurt others on purpose?
- Have I excluded others without good reason?
- Have I failed to forgive those who have hurt me?
- Have I looked at bad pictures or watched bad movies?
- Have I taken things or kept things that belong to others?
- Have I wasted time?
- Have I told any lies?
- Have I said things about others that are not true?
- Have I failed to keep my promises?
- Have I cheated in class, on my homework, or in a game?
- Have I been jealous of others or things that others have?
- Have I disrespected the property of others?
- Have I failed to share with others?

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# HOW TO GO TO CONFESSION

1. EXAMINE YOUR CONSCIENCE
2. PRAY FOR TRUE CONTRITION
3. RESOLVE NOT TO SIN AGAIN

## 4. BEGIN YOUR CONFESSION

Start with the sign of the cross: **In the name of the Father, and of the Son, and of the Holy Spirit.**

## 5. CONFESS YOUR SINS

Next, say: **Forgive me, Father, for I have sinned. It has been \_\_\_\_ days/weeks/months/years since my last confession. These are my sins.** Then, tell the priest all of the grave sins that you remember, saying what you did and how many times you did it.

Finish by saying: **I am sorry for these and all of my sins.** This helps the priest know that you have finished.

## 6. RECEIVE YOUR PENANCE

The priest might ask some questions or give you some help. Then, he will assign your penance and invite you to make an act of contrition.

## 7. MAKE AN 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.**

## 8. RECEIVE ABSOLUTION

The priest will absolve your sins using the sacramental form. He will say: *I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.* Your reply is: **Amen.**

## 9. GO IN PEACE

The priest may conclude the rite by saying, *The Lord has freed you from your sins, go in peace.* Your reply is: **Thanks be to God.**

## 10. DO YOUR PENANCE

After leaving the confessional, do the penance given to you by the priest. Also, remember to give thanks to God for his mercy and love.

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