

EXAMINATION OF CONSCIENCE FOR KIDS

1. God Comes First

1. Did I pray every day, even for a short time?
2. Was I respectful in Church (e.g., staying quiet and attentive)?
3. Did I participate fully at Mass (singing, responding, listening)?
4. Did I try to love Jesus by being kind and forgiving?

2. God's Name is Holy

5. Did I use God's name respectfully and avoid saying it carelessly?
6. Did I speak kindly about God, Jesus, Mary, and the saints?
7. Did I treat holy objects (like rosaries and Bibles) with care?

3. God's Day is Holy

8. Did I go to Mass on Sundays and Holy Days?
9. Did I skip Mass for no good reason?
10. Did I make Sunday a special day by spending time with God and my family?
11. Did I ask Jesus to help me when I was struggling or feeling sad?

4. Honor Your Father and Mother

12. Did I listen to my parents and obey them right away?
13. Did I speak to my parents with respect?
14. Did I do my chores or homework without complaining?
15. Was I respectful and obedient to my teachers and priests?

5. Do Not Kill

16. Was I kind to my siblings, classmates, and friends?
17. Did I avoid hitting, pushing, or hurting others physically?
18. Did I avoid saying mean or hurtful words?
19. Did I help someone who was feeling sad or lonely?
20. Did I say sorry when I hurt someone?

6. Be Pure

21. Did I think about or watch things that were bad or impure?
22. Was I careful about the movies, shows, or videos I watched?
23. Did I listen to music or words that were inappropriate?
24. Did I dress modestly and in a way that shows respect for myself?
25. Did I avoid using bad or dirty words?
26. Did I try to share my things with others who needed them?
27. Did I thank God for His blessings and the people in my life?

7. Do Not Steal

29. Did I take something that didn't belong to me?
30. Did I return things I borrowed or found that weren't mine?
31. Did I make up for breaking or damaging someone's belongings?
32. Was I honest in my schoolwork or tests?

8. Do Not Lie

33. Did I always tell the truth, even when it was hard?
34. Did I avoid gossiping or spreading hurtful stories about others?
35. Did I admit when I did something wrong, or did I hide it?
36. Did I keep quiet when I should have spoken up to defend someone?

9. & 10. Do Not Want Your Neighbor's Wife or Things

37. Was I happy with what I have, or was I jealous of others' toys or belongings?
38. Did I ask for things unnecessarily, even when I didn't need them?
39. Did I whine or complain because I didn't get what I wanted?
40. Did I thank God and my family for the things I have?

ACT OF CONTRITION

*O my god, I am heartily sorry for having offended Thee,
and I detest all my sins because I dread the loss of Heaven and the pains of Hell;
but most of all because they offend Thee, my God,
Who art all-good and deserving of all my love.
I firmly resolve, with the help of Thy grace,
to confess my sins, to do penance,
and to amend my life. Amen.*

HOW TO MAKE A GOOD CONFESSION

Examine your life before coming for confession and prepare yourself well.

At the confession

1. Begin with "*Bless me Father, for I have sinned. This is my first Confession after.....*"
2. *My sins are...*" (tell the number of times you committed each sin, if possible)
3. When you have finished telling your sins "*For these and all my sins I am truly sorry.*"
4. The priest will then ask you to say an Act of Contrition
5. The priest will forgive you yours sins and give you a penance.
6. Return to your pew and offer your prayer of penance and prayer of thanksgiving.