

# **Examination of Conscience for Children based on the Ten Commandments**

## **Make God the most important thing in your life.**

Is God the most important thing in my life, or have I made other things in my life more important than God?

Do I remember to talk to God every day?

Do I choose what God wants for me over what I want for myself?

## **Use God's name the right way.**

Do I speak God's name or Jesus' name respectfully?

Have I spoken God's name or Jesus' name inappropriately when I was angry or to impress my friends?

## **Make Sunday a day to worship God.**

Have I tried my best to worship God at Mass by singing, praying the prayers with the community, and listening?

Have I misbehaved during Mass?

## **Love your parents and follow their rules.**

Have I obeyed my parents—even when they are not looking? Have I talked back to my parents?

## **Be kind to the people and animals God made.**

How have I been kind or unkind to others?

Do I share what I have with others?

Have I solved disagreements in a peaceful way? Have I fought with anyone?

## **Be respectful in the things you do.**

Do I show respect for others in what I do and say?

Do I show respect for and cooperate with my teachers? Do I care for my health and follow safety rules?

## **Take care of other people's things; don't take what belongs to someone else.**

How have I respected other people's things?

Have I taken something that doesn't belong to me?

## **Tell the truth.**

Do I tell the truth?

Have I told a lie or things that were only partly true?

## **Think good thoughts and say good words.**

Have I thought good thoughts and said good words?

Have I told or listened to any dirty jokes?

Have I watched any movies or shows that I shouldn't have seen? Do I try to keep my mind on good things?

## **Be happy with the things you have.**

Am I happy with what I have or do I always want more? Have I been jealous of what other people have?

## **A GUIDE TO CONFESSION**

### ***How to go to Confession***

1. You always have the option to go to confession anonymously, that is, behind a screen or face to face, if you so desire.
2. After the priest greets you in the name of Christ, make the sign of the cross. He may choose to recite a reading from Scripture, after which you say: "Bless me Father for I have sinned. It has been (state how long) since my last confession. These are my sins."
3. Tell your sins simply and honestly to the priest. You might even want to discuss the circumstances and the root causes of your sins and ask the priest for advice or direction.
4. Listen to the advice the priest gives you and accept the penance from him. Then make an Act of Contrition for your sins.
5. The priest will then dismiss you with the words of praise: "Give thanks to the Lord for He is good. You respond: "For His mercy endures forever." The priest will then conclude with: "The Lord has freed you from your sins. Go in peace." And you respond by saying: "Thanks be to God."
6. Spend some time with Our Lord thanking and praising Him for the gift of His mercy. Try to perform your penance as soon as possible.

### **AN ACT OF CONTRITION**

Oh 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.