

EXAMINATION OF CONSCIENCE FOR YOUNG CHILDREN

(Be still and quiet, then pray)

I make the Sign of the Cross

I say The Lord's Prayer "Our Father ..."

I pray to the Holy Spirit:

"Lord, please help me recognize all the sins that I have committed, to sin no more and make a good confession".

Examine my life based on 10 Commandments:

1. I worshipped the devil or other gods ____times.
I do not remember to pray everyday ____times.
I do not thank God for all God has done for me ____times
2. I used God's name to swear ____times.
I swore, made a promise in God's name that I did not keep ____times
3. I skipped mass on Sundays and Holy Days of Obligation ____times
I played around, talked during Mass ____times
I did not listen carefully to God's Word at Mass ____times
4. I talked back, disrespected my parents, grandparents, teachers ____times
I did not obey my parents, grandparents, teachers ____times
I do not help with chores around the house ____times
5. I injured my own body ____times
I was angry and have hated someone ____times
I got mad, fighting with others ____times
I told others to do bad things ____times
I cursed, talk bad of others ____times
6. I did not treat my body and others people's bodies with respect ____times
I read bad magazine, watched bad movies and looked at bad pictures ____times
I told and listened to dirty stories ____times
7. I stole money, things ____times
I destroyed other people's things ____times
I did not return things that I borrow ____times
I was cheated on my schoolwork ____times
8. I lied ____times
I gossiped ____times
I did not tell the whole truth ____times
I make up story about others ____times
9. I had bad thoughts about others ____times
I thought of dirty things ____times
I do not pray for my parents to be faithful to each other ____times
10. I desired to steal money, things from others ____times
I was jealous of others ____times
I wanted to destroy what others have ____times

PRAY:

I ADMIT my sins

I am very SORRY & PROMISE not to sin again

I go to the priest & make CONFESSION

I do my PENANCE

I THANK GOD



GOING TO CONFESSION

1. Make the sign of the Cross.
2. Confess your sins to the Father

"Bless me Father, for I have sinned. This is my first confession and here are my sins."

"Father, these are the sins I can remember and I am sorry for them and also those I have forgotten. Please forgive me."

3. Listen to the Father carefully on what you need to do for PENANCE, if you do not understand, you ask him, **"What is my penance?"**
4. When Father asks you to say the ACT OF CONTRITION prayer, then you read the 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

5. **Make the Sign of the Cross** when you hear the Father say: **"I absolve you from your sins, In the name of the Father and of the Son and of the Holy Spirit."**
6. You say: **"AMEN"** and **"Thank you"** to Father. Then walk out.