

A CHILD'S EXAMINATION OF CONSCIENCE

THE FIRST COMMANDMENT: *I am the Lord your God; you shall not have strange Gods before me.*

- Have I failed to give time to God in prayer every day?
- Have I been superstitious?

THE SECOND COMMANDMENT: *You shall not take the name of the Lord your God in vain.*

- Have I used God's name in vain by swearing?
- Have I used bad language?
- Have I made fun of holy things?

THE THIRD COMMANDMENT: *Remember to keep holy the Lord's Day.*

- Have I missed Mass on Sunday or on a Holy Day through my own fault?
- Have I been late for Mass or left Mass early without a good reason?
- Have I failed to behave respectfully in church?

THE FOURTH COMMANDMENT: *Honor your father and your mother.*

- Have I failed to honor and obey my parents?
- Have I failed to honor my teachers, grandparents, aunts and uncles?
- Have I broken the peace in my family?

THE FIFTH COMMANDMENT: *You shall not kill.*

- Have I been mean, angry or violent with anyone?
- Have I started fights in my family or elsewhere?
- Have I hurt the good name of my friends, teachers, or of anyone else?

THE SIXTH AND NINTH COMMANDMENTS: *You shall not commit adultery.*

- Have I thought or said impure things?
- Have I listened to or looked at impure things?
- Have I touched myself or others in ways that were not pure?

THE SEVENTH AND TENTH COMMANDMENTS: *You shall not steal.*

- Have I taken or destroyed someone else's property?
- Have I been greedy?
- Have I been jealous of other people's things?

THE EIGHTH COMMANDMENT: *You shall not lie.*

- Have I lied?
- Have I spoken badly about others?
- Have I cheated in class or in games?

(Turn to other side)

FORMAT for a CHILD'S CONFESSION

After the greeting from the priest, please make the "Sign of the Cross" and say . . .

CHILD: *Bless me Father, for I have sinned.
It has been . . . (how long?) . . . since my last confession.
These are my sins.*

CHILD: After you have told your last sin to the priest, then say: *I am sorry for these sins and all the sins of my past life.*

PRIEST: LISTEN to the priest as he helps you and tells you what to pray for your PENANCE.

CHILD: (The priest may tell you to say the Act of Contrition.)
Now you say the ACT of CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all, because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

PRIEST: Now the priest will forgive you through the prayer of Absolution:
LISTEN to the priest as he blesses you and absolves you from your sins.
At the end of his prayer, the priest says . . .

I absolve you from your sins in the Name of the Father and of the Son and of the Holy Spirit.

CHILD: You make the *Sign of the Cross* and answer . . . *AMEN.*

PRIEST: At the end of the confession, Father will say: *Go in Peace.*

CHILD: You answer: *Thanks be to God.*

CHILD: Leave the confessional and go back out into Church to pray the PENANCE the priest gives to you.