

# Children's Examination of Conscience

## *Rite of Reconciliation*

Penitents begin by saying:

**Bless me Father for I have sinned. It has been . . .  
(say how long)  
since my last confession  
and these are my sins:**

Penitents now list their sins.

Be *brief* and include *how often* the sins were done, or at least an estimate.

The priest gives the penance and advice, if needed.

The penitent recites an Act of Contrition.  
If one is not known, recite the following:

**O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of heaven and the pains of Hell. But *most* of all, because I have offended *You*, 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 occasion of sin. Amen.**

The priest gives the Absolution and the penitent thanks him.

## Examination of Conscience (Using the 10 Commandments)

First Commandment

***I am the Lord your God,  
you shall not have strange gods before me***

- Did I fail to pray to God each day?
- Did I fail to learn more about God and my Catholic Faith?
- Did I refuse to believe any truths of the Catholic Faith?
- Did I deny or hide the fact that I am a Catholic?
- Did I put my trust in superstitions like good-luck charms or horoscopes instead of trusting in God alone?
- Did I fail to confess all of my mortal sins in a past confession?
- Did I fail to complete the penance which the priest gave me in a past confession?

**(14 years old and above)**

- Did I fail to abstain from meat on Ash Wednesday, Good Friday and all Fridays of Lent?
- Did I fail to make some kind of sacrifice on any Friday of the year in memory of Jesus' Passion and death?

Second Commandment

***You shall not take the name of the Lord your God in vain***

- Did I misuse the names of God, Jesus or the Saints?
- Did I make fun of holy things or my faith? (blasphemy)
- Did I use foul or ugly language (profanity)?
- Did I wish evil on someone (curse)?

Third Commandment

***Remember to keep holy the Lord's day***

- Did I fail to remind someone to take me to Sunday Mass if they forgot? Did I try to find another way to go?
- Did I come to Mass late or leave early without permission?
- Did I fail to pray reverently or to pay attention at Mass?
- Did I distract myself or others at Mass?
- Did I fail to fast for one hour before Holy Communion?
- Did I receive Holy Communion in a state of moral sin (unconfessed serious sin)?
- Did I fail to receive Holy Communion at least once during the Easter Season (from the first Sunday of Lent to the first Sunday after Pentecost)?
- Did I fail to make Sunday a day of rest and prayer?
- Did I do chores on Sunday when I could have done them another time?

# Children's Examination of Conscience

## Examination of Conscience - *continued from the other side*

### Fourth Commandment *Honor you father and mother.*

Did I fail to respect and obey parents, teachers, priests, nuns, baby-sitters, elder siblings, police officers, and other lawful authorities? (disobedience)  
Did I fail to thank my parents, teachers, and others who do good things for me? (ingratitude)  
Did I fail to spend time with my family and share things?  
Did I fail to help around the house and do my chores without complaining or being lazy?  
Did I fail to accept correction when I did wrong? (rebellion)  
Did I fail to give a good example to others, especially my younger brothers and sisters? (scandal)  
Did I fail to get along with my brothers and sisters?  
Did I act like a bully or was purposely annoying?  
Did I fail to work hard at school and to do my homework?

### Fifth Commandment *You shall not kill*

Did I injure anyone bodily, or my own body?  
Did I hurt others by saying mean things to them?  
Did I fail to play with others because of their appearance?  
Did I display my anger or impatience with others?  
Did I fail to forgive others, at least by praying for them?  
Did I plan revenge against anyone?  
Did I try to hurt others by not speaking to them?  
Did I fail to say "I'm sorry" when I hurt others?  
Did I try to get others to do bad things? (scandal)  
Did I eat too much (gluttony) or too little?  
Did I misuse alcohol, cigarettes or other drugs? (intemperance)  
Did I fail to stand up for the rights of the unborn if the opportunity arose?

### Sixth Commandment *You shall not commit adultery*

Did I fail to treat my body or the bodies of others with purity and respect? (impure actions)  
Did I willingly look at impure printed material, Internet sites or movies? (pornography)  
Did I willingly think of impure subjects or look impurely at others? (impure thoughts)  
Did I speak, act, or dance immodestly?  
Did I wear clothing that didn't cover myself sufficiently? (immodesty)  
Did I listen to impure songs or tell impure jokes?  
Did I care too much about the way I look? (vanity)

### Seventh Commandment *You shall not steal*

Did I take things that were not mine from a store or another person? What was the value? (theft)  
Did I damage or misuse someone else's property? (vandalism)  
Did I fail to return what I stole or repair what I damaged?  
Did I fail to return what I borrowed as soon as I was finished? (lack of gratitude)  
Did I cheat on tests, homework or other work? (injustice)  
Did I waste time by the over-use of TV, Internet, video games, or other entertainment? (intemperance)  
Did I waste time while working or take too long a break?  
Did I act lazy or was I slow to do chores?

### Eighth Commandment *You shall not bear false witness against your neighbor*

Did I tell lies to make myself look good?  
Did I tell lies to protect myself from punishment?  
Did I tell lies to make others look bad or to get them in trouble? (slander)  
Did I say mean things about others behind their back (gossip)?  
Did I break secrets or tell harmful truths about others without having a serious reason for doing so?  
Did I fail to stand up for someone falsely accused?

### Ninth Commandment *You shall not covet your neighbor's wife*

Did I give in to impure thoughts (lust) instead of trying to get rid of them by praying or other activities?  
Did I fail to let my parents spend time with one another?  
Did I get jealous of my parents' time and want them to pay attention only to me?  
Did I show anger when I had to share my friends with others?

### Tenth Commandment *You shall not covet your neighbor's goods*

Did I envy the abilities or things that others have?  
Did I complain about what I do not have? (greed)  
Did I fail to thank God, my parents and others for all the good things they have given me? (ingratitude)