

Examination of Conscience for Kids

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- I didn't go to *Mass* on purpose.
- I misbehaved and didn't pay attention during *Mass*.
- I don't pray every day.
- I didn't use God's name respectfully.
- I didn't obey my parents.
- I didn't obey my teacher, priest, coach, or grown-ups.
- I fight with, hit, or hurt my brother, sister, friend, classmate.
- I said something that was hurtful or mean to another person.
- I haven't been humble or I didn't say I was sorry.
- I didn't do the right thing when I should have.
- I wasn't honest or I told a lie.
- I took something that wasn't mine.
- I cheated on my homework or a test.
- I didn't return something that I borrowed.
- I broke something on purpose that didn't belong to me.
- I used bad language.
- I helped spread a rumor or repeated gossip about someone.
- I was quiet about something when I should have spoken up.
- I have been jealous of another person.
- I didn't share something when I could share.
- I'm jealous of something another person owns.
- I'm not thankful for what I have.

"For these and all my sins I am truly sorry."

What to say in Reconciliation

"Bless me Father for I have sinned. It's been _____

Since my last Confession.. My sins are...."

(Tell the Priest and God your sins.)

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.

When the Priest says, "I absolve you from your sins, In the Name of the Father, and of the Son, and of the Holy Spirit." you say, "Amen."

Thank the Priest before leaving the Confessional.

Don't forget to pray the penance prayer and/or do the action your Priest said to do.