

An Examination of Conscience for Children

- Did I pay attention at Mass?
- Have I fooled around in Church?
- Did I say my prayers everyday?
- Did I say mean things to my mom or dad?
- Did I always say "Thank You" to people?
- Am I hard to get along with (during school, at Grandma's house, at home)?
- Did I do what my mom and dad told me to do? My teacher?
- Was I lazy around the house?
- Did I do my chores?
- Did I hurt other people's feelings by calling them bad names?
- Have I started fights with my brothers and sisters at home?
- Have I blamed other people for things I do?
- Did I get other people into trouble?
- Do I hit people when I get mad?
- Have I forgiven people? Or am I holding a grudge?
- Have I cheated or been unfair in games?
- Did I refuse to play with someone for no good reason?
- Was I lazy about my schoolwork?
- Did I fail to do my homework?
- Did I cheat in school?
- How many times did I lie to my parents? My teachers? My friends?
- Did I take anything that did not belong to me?
- Did I avoid medicine? Did I refuse to eat food I did not like?

Individual Reconciliation

1. Enter the reconciliation room and either sit facing Father or kneel behind the curtain.
2. Make the Sign of the Cross with the priest, and begin by saying, "Bless me Father, for I have sinned. My last confession was....."
3. Then mention the ways you have done wrong, the sins you are asking God to forgive.
4. If the priest asks you questions, please try to answer him, listen intently to him, and be polite.
5. The priest will give you a "penance," a prayer to be said or something to be done.
6. Say the Act of Contrition.

My God, I am heartily sorry for my sins.
In choosing to do wrong and failing to do good,
I have sinned against You and Your Church.
I firmly intend, with the help of Your son,
to make up for my sins and to love as I should.
Amen
7. Listen as he prays the prayer of forgiveness and wishes you peace. You should answer "Amen."
8. Please be sure to thank the priest before leaving.
9. You need to go to the church and say your penance and thank God for loving you so much.