

An Examination of Conscience for Children

Did I pay attention at Mass?
Have I fooled around in Church?
Did I say my prayers every day?
Was I lazy around the house?
Did I do my chores?
Did I say mean things to my mom or dad?
Did I always say "Thank You" to people?
Did I do what my mom and dad told me to do?
Do I respect authority? Priests? Police? Teachers?
Babysitters?
Am I hard to get along with (during school, at Grandma's, at home)?
Did I hurt others people's feelings by calling them bad names?
Have I started fights with my brothers and sisters at home? classmates?
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 was 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 didn't belong to me?
Did I avoid medicine? Did I refuse to eat food I didn't like?

Reconciliation Format

- 1) Examine our conscience
- 2) Be sorry for our sins
- 3) Come to the priest and say
- 4) **“Bless me Father for I have sinned. It has been _____ since my last Reconciliation, and these are my sins_____.”** When finishing confessing say: **“These are all my sins.”**
- 5) After Father gives your penance he will ask you to say the Act of Contrition. Here is one example:

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.

- 6) Father prays the prayer of absolution (forgiveness) over you.
- 7) Father says: “Your sins are forgiven. Go in peace.”
- 8) You respond: **“Thanks be to God.”**
- 9) You can thank Father and leave the confessional to return to pray at your pew.