

Examination of Conscience for Kids

**1. "You shall have no other gods before me" (v. 7):
Make God the most important thing in your life.**

Have I put God first, or have I sometimes made other things in my life more important than God? Do I remember to talk to him? Do I choose what God wants for me over what I want for myself?

**2. "You shall not make wrongful use of the name of the Lord your God" (v. 11):
Use God's name the right way.**

Have I used God's name with care? Have I used God's name in the wrong way (for example, saying "God" when I wasn't really talking to him or talking about him)?

**3. "Observe the Sabbath day and keep it holy" (v. 12):
Make Sunday a day to worship God.**

Have I tried my best to worship God at Mass by singing, praying, and listening? Have I misbehaved during Mass?

**4. "Honor your father and your mother" (v. 16):
Love your parents and follow their rules.**

Have I obeyed my parents — even when they are not looking? Have I talked back to them?

**5. "You shall not murder" (v. 17):
Be kind to the people and animals God made.**

Have I been kind to others? Have I solved disagreements in a peaceful way? Have I fought with anyone? Have I taken good care of my pets?

**6. "Neither shall you commit adultery" (v. 18):
Be respectful in the things you do with your body.**

Have I followed God's rules in how I treat my body? Do I respect the bodies of others?

**7. "Neither shall you steal" (v. 19):
Take care of other people's things; don't take what belongs to someone else.**

Have I respected other people's things? Have I taken something that doesn't belong to me?

**8. "Neither shall you bear false witness against your neighbor" (v. 20):
Tell the truth.**

Have I told the truth? Have I told a lie or things that were only partly true?

**9. "Neither shall you covet your neighbor's wife" (v. 21):
Keep your thoughts and words clean.**

Have I told or listened to any dirty jokes? Have I watched any movies or shows that I shouldn't have seen? Have I tried to keep my mind on good things?

**10. "Neither shall you desire ... anything that belongs to your neighbor" (v. 21):
Be happy with the things you have.**



Have I been happy with the things I have? Have I been jealous of others and what they have?

— Deuteronomy 5:7–21

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How to make your first confession!

Take a deep breath and remember how much God loves you! The priest will help you if you forget something, so do not worry!

<p>STEP 1: Walk into the confessional. You will either sit face to face with the Priest, or kneel behind a screen. Whichever one is more comfortable for you!</p>	 <p>enter confessional!</p>
<p>STEP 2: Make the sign of the cross and say <u>"Bless me Father for I have sinned, this is my first Confession. These are my sins..."</u>. Here you will tell your sins that you prayed about to the priest, and if you can remember, how many times. (For example, I lied three times, I talked back to my teacher two times, I disobeyed my parents 4 times..)</p>	<p>Greet the Priest and tell him this is your first confession.</p>  <p>Tell the priest your sins!</p>
<p>STEP 3: After you tell all your sins to the priest, you can say <u>"Father I am sorry for all my sins and for those I cannot remember"</u></p>	<p><u>"Father I am sorry for all my sins and for those I cannot remember"</u></p>
<p>STEP 4: The priest will talk to you about your sins and give you some ways that you can do better! He will then give you a task, or your Penance, that you will do when you are finished with your confession to show God you are sorry.</p>	<p>The priest gives you some advice and an act of Penance to do when you leave the confessional</p>
<p>STEP 5: Pray out loud your act of contrition you learned in class.</p> <p style="text-align: center;">Act of Contrition</p> <p><u>"O 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 the help of your grace, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for me. In His name, My God, have mercy. Amen."</u></p>	<p><u>Say the act of contrition</u></p>
<p>STEP 6: The priest gives you absolution, which means your sins are forgiven. He will stretch out his hand and say a prayer over you. At the end he will make the sign of the cross over you, and you should make the sign of the cross on yourself too. You respond AMEN.</p>	<p>Priest gives you absolution as you make the <u>sign of the cross</u> and say <u>Amen!</u></p>
<p>STEP 7: The priest will say "Give thanks to the Lord for He is good, and you will reply <u>"His mercy endures forever"</u></p>	<p>Respond: <u>"His mercy endures forever."</u></p>
<p>STEP 8: The priest tells you that you may go in peace, and that your sins are forgiven. You say <u>"Thank you, Father!"</u></p>	<p><u>"Thank you, Father!"</u> Leave and pray your penance and thank God for His mercy and love.</p>