

Before you receive the sacrament, spend time preparing yourself in mind and heart. Ask the Holy Spirit to help you to celebrate the sacrament well. Next make a careful "examination of conscience". To do that, think carefully about your life and the things for which you need forgiveness. You can use the following questions if they help you but remember it is your confession and you need to think how you personally have sinned and how you personally need God's help.

1st Commandment

I am the LORD your God. You shall not have strange gods before me.

- Do I give time every day to God in prayer?
- Do I put my trust in superstitions, good luck charms, rather than God alone?
- Have I rejected any Church teaching or denied that I was a Catholic?

2nd Commandment

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

- Have I used the words "God" or "Jesus" in anger or irreverently?
- Have I used foul or ugly language? Have I wished evil on another?

3rd Commandment

Remember to keep holy the Lord's Day.

- Have I missed Mass on Sunday or any holy day of obligation?
- Do I arrive at church late or leave early?
- Do I try to be reverent and pay attention during Mass?
- Do I avoid unnecessary work on Sunday?
- Do I make Sunday a day of prayer or rest?

4th Commandment

Honor your father and your mother.

- Do I respect and obey my parents?
- Have I dishonored or mistreated them by word or deed?
- Am I willing to help around the house or must I be nagged a hundred times?
- Do I try to get along with my brothers and sisters?
- Am I a tattletale or bully?
- Do I give a good example, especially to younger siblings?
- Do I respect others in authority: priests, nuns, police, old people, babysitters?

5th Commandment

You shall not kill.

- Do I beat up others or hurt their bodies?
- Do I say cruel things, or make fun of others to hurt their feelings?
- Do I say mean things about others behind their backs?
- Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- Do I try to love all people, born and unborn?

6th Commandment

You shall not commit adultery.

- Do I treat my body and other people's bodies with purity and respect?
- Do I look at television shows, movies, or pictures that are bad?
- Am I modest in my speech and the clothes I wear?

7th Commandment

You shall not steal.

- Have I taken things that were not mine from a store or another person?
- Have I destroyed or misused another person's property for fun?
- Do I return things that I borrow? In good condition?

8th Commandment

You shall not commit false witness against your neighbor.

- Am I honest in my school work?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from punishment?
- Do I tell lies that make another person look bad or get them in trouble?

9th Commandment

You shall not covet your neighbor's wife.

- Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
- Do I get mad when I have to share my friends?
- Are there kids I will not play with or be mean to because they look different?

10th Commandment

You shall not covet your neighbor's goods.

- Am I jealous or envious of the things or abilities that others have?
- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have with my family, friends and poor people?

How to Make Your Confession:

- Begin by making the Sign of the Cross with the priest
- Then you can speak in your own words or you can say Bless me Father for I have sinned. My last confession wasago and these are my sins.
- Now tell your sins simply in your own words. When you have finished, let the priest know.
- The priest will talk to you and ask you to do penance. You can ask him questions if you want.
- Say an Act of Contrition

My God, I am sorry for my sins with all my heart.

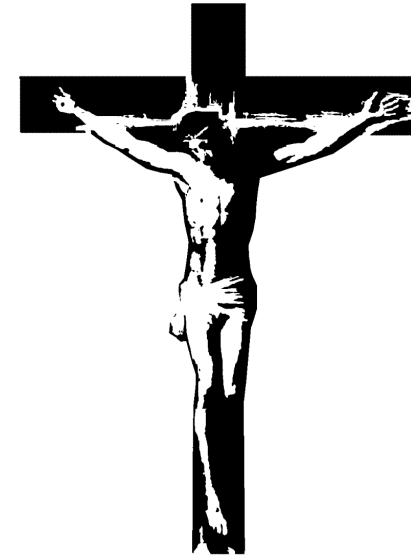
In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

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. Amen.

- Wait while the priest says the prayer of "absolution". I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit, Amen.
- Do your penance and spend some time in prayer thanking God for his mercy

Examination of Conscience for Children



The Sacrament of Penance

