An Examination of Conscience for Children

Responsibilities to God:

Have I prayed every day?
Have I prayed my morning prayers and night prayers?
Have I prayed with my parents and family?
Have I been moody and rebellious about praying and going to church on Sunday?
Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
Have I asked the Holy Spirit to help me do what is right?

Responsibilities to others:

Have I been obedient and respectful to my parents?
Have I lied or been deceitful to them or to others?
Have I been arrogant, stubborn or rebellious?
Have I talked back to parents, teachers or other adults?
Have I pouted and been moody?
Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?
Have I gotten angry at them? Have I hit anyone?
Have I held grudges or not forgiven others?
Have I treated other children with respect or have I made fun of them and called them names?
Have I used bad language?
Have I stolen anything? Have I returned it?
Have I performed my responsibilities, such as homework and household chores?
Have I been helpful and affectionate toward my family?
Have I been kind and generous with my friends?

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Step 1: Examination of Conscience
This is a spiritual exercise designed to help us remember when we were and when we were not the-best-version-of-ourselves. By examining our conscience we become aware of our sins.

Step 2: Confession
Here we say sorry to God by confessing our sins to him through the priest who is God’s representative.

- In the name of the Father and of the Son and of the Holy Spirit. Amen
- Bless me, Father, for I have sinned.
- It has been _____ years/ months / weeks since my last confession.
- These are my sins: _________ _____ _____
  I am sorry for these and all my sins.

Step 3: Penance
The priest will ask you to spend some time in prayer or to do a kind deed for somebody. This is called penance, which is a way for you to show God that you are truly sorry for your sins.

Step 4: Contrition
The Act of Contrition is a short prayer we pray promising to try not to sin again.

  a) O my God, I am heartily sorry for having offended You. And I detest all my sins because of your just punishment, but most of all because they offend You, my God, Who are all GOOD and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. AMEN.

  b) My God, I am very sorry for all my sins because they offend You who are all GOOD and deserving of all my love. Please forgive me. I promise with the help of your grace to sin no more and to stay away from all that leads me to sin. AMEN.

Step 5: Absolution
The priest will then extend his hands over your head and pray a very special and powerful prayer. Acting as God’s representative, he will forgive your sins!