

# 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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<https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/sacrament-reconciliation-children-examination-conscience>

# FIVE STEPS

*From Dynamic Catholic – Blessed First Reconciliation (and Sr. Moira Frawley)*

<https://www.dynamiccatholic.com/blessed.html>

## 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!