

Examination of Conscience

FOR CHILDREN

Prayer for a Good Confession

Dear Jesus, help me to make a good Confession. Show me my sins, both the wrong that I did and the good I failed to do. Help me to be sorry for my sins. Help me to try not to sin again. Have mercy on me, O Lord, and forgive me. Amen.

WHEN DID I CHOOSE TO DO WRONG?

- Did I misbehave during mass?
 - Did I ignore what my mom and dad told me to do?
 - Did I ignore what my teachers told me to do?
 - Have I talked back to my parents, teachers or other adults?
 - Did I try to avoid doing my chores?
 - Was I lazy about my schoolwork?
 - Was I mean to anyone?
 - Have I used bad language?
 - Did I tell any lies?
 - Have I played unfair in games?
 - Did I take anything that didn't belong to me?
 - Did I get mad and yell or lose my temper?
 - Did I hit or push anyone?
 - Is there anything else? _____
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DID I FAIL TO DO GOOD?

- Have I prayed every day?
 - Have I asked Jesus to be with me and help me?
 - Have I thought of ways to be nice and helped my family?
 - Have I played nicely and shared with my friends?
 - Have I followed school rules?
 - Have I forgiven people?
 - When someone is being treated unfairly by other kids, do I try to find a way to be fair?
 - Have I been deceitful by not speaking up to correct something that I knew was wrong?
 - Do I eat healthy foods for my body?
 - Is there anything else? _____
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If we really want to
love
we must learn how to
forgive.

- Mother Teresa

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

Amen.

Prayer After Confession

Dear Jesus,
My friend, my confidant and my savior,
Thank you for Your sacrifice
That washed away my sins,
And gave me the opportunity to be
More like You in every choice I make.
Thank you for the gift of reconciliation.
I know I don't always see it as a gift,
And I ask You to help me view it as a gift
With eyes like Yours.

I promise to do my best to avoid sin,
But I fully acknowledge that I can't do it without You.
Please help me to remember my promise,
And help me to be more fully aware
That You are with me this day and always.



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