

## Examination of Conscience

Dear Jesus,

Please help me to think of my sins and to be truly sorry for them.

1. Do I say my prayers?
2. Do I say God's name in the wrong way?
3. Do I say God's name with love?
4. Do I celebrate Sunday and Holy Days by going to Mass?
5. Do I listen to and obey those who care for me?
6. Am I kind and loving to my family and others?
7. Have I hurt anyone?
8. Do I call other people bad names or make fun of them?
9. Am I honest?
10. Was I too selfish to share with others?
11. Have I taken something that was not mine?
12. Do I tell the truth?
13. Have I told my family and others that I am sorry when I hurt them?
14. Do I take care of the beautiful things God has put in our world?

## Form for Confession

**CHILD:** In the name of the Father and of the Son and of the Holy Spirit. Amen.

**PRIEST:** May the Lord be in your heart and help you to confess your sins with sorrow.

**CHILD:** Please bless me Father for I have sinned. This is my First Confession, and these are my sins.  
(Child names sins)  
...For these and all my sins I am truly sorry

**PRIEST:** For your penance say...and now make your Act of Contrition.

**CHILD:** O my God, I am heartily sorry for having offended Thee, and detest all my sins because of they 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 occasion of sin. Amen.

**PRIEST:** God, the Father of mercies, through the death and resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

**CHILD:** Amen.

**PRIEST:** Give thanks to the Lord, for He is good.

**CHILD:** His mercy endures forever.