Examination of Conscience

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Come Holy Spirit. Help me! Give me light to see my sins. Help me to be truly sorry for them and to confess them

well so that I can be clean and pure in my soul.

Jesus, have pity on me. Forgive my sins and take me to

your heart.

Mary, my mother, pray for me.

Dear Guardian Angel, pray for me.

All you Saints in Heaven, pray for me.

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How long has it been since my last Confession?

\_\_\_ How have I acted toward God?

\_\_\_ Do I use God’s or Jesus’ name with respect?

\_\_\_ Do I go to Mass on Sunday?

\_\_\_ Do I do all I can to make Sunday a day of rest and joy for

 my family?

\_\_\_ Do I participate in Mass, or do I tease or distract others

 by laughing, talking or playing?

\_\_\_ Do I pay attention to my parents, priests and teachers

 when they talk to me about God?

\_\_\_ How have I acted toward others?

\_\_\_ Do I obey my parents and teachers quickly and

 cheerfully, or must I be reminded many times?

\_\_\_ Do I obey the rules of my home and school?

\_\_\_ Do I help my siblings and classmates when they need

 help?

\_\_\_ Did I hit, kick, or in any way hurt others on purpose?

\_\_\_ Did I make fun or say mean things to anyone?

\_\_\_ Am I kind and willing to play with everyone?

\_\_\_ Do I watch movies/play video games/listen to music that has bad words or violence?

\_\_\_ Do I cheat on tests or a game or copy homework?

\_\_\_ Do I do all my classwork and my chores at home well?

\_\_\_ Do I take care of my health by eating the right food?

\_\_\_ Did I steal or keep something that belonged to another person?

\_\_\_ Am I willing to share my things with others?

\_\_\_ Did I break something that belonged to someone else?

\_\_\_ Do I lie or gossip or say bad things about others?

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**ACT OF CONTRITION**

O my God, I am heartily sorry for having offended you, and I detest all my sins

because of your just punishments;

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 confess my sins, to do penance, and to amend my life.

Amen.

**After Confession:**

Thank you, Dear Jesus, for making my soul clean and pure again. I praise You and adore You now and forever!

Help me to never sin again because I know it hurts you.

And now, Dear Jesus, help me to pray the penance the priest gave to me. May it help to make up for my sins.

(here say your penance)

I join this penance to all the prayers and sufferings of Jesus, Mary, and all the saints. Help me to love You more and more. Help me to live as you want me to live.

Dear Angel, my dear guardian and helper, pray for me.

Amen.

 **Lord Jesus,**

 I give you my hands to do your work.

 I give you my feet to go your way.

 I give you my eyes to see as you see.

 I give you my tongue to speak your words.

 I give you my mind to think as you think.

 I give you my spirit so that you may pray in me.

 I give you my self so that you may grow in me.

 I give you my heart so that you may love in me.

 So that it is you, Lord Jesus, who lives and works

 and prays and loves in me. Amen.