

Examination of Conscience for Young People

- I. *I am the Lord your God, you shall not have strange gods before Me.***
- Do I give time every day to God in prayer?
 - Do I put my trust in superstition, good luck charms, rather than God alone?
 - Have I rejected any Church teaching or denied that I was a Catholic?
- II. *You shall not take the name of the Lord your God in vain.***
- Have I used the words "God" or "Jesus" in anger or irreverently?
 - Have I used foul or ugly language?
 - Have I wished evil on another?
- III. *Remember to keep holy the Lord's Day.***
- Have I missed Mass on Sunday or any Holy Day of Obligation?
 - Do I arrive to church late or leave early?
 - Do I try to be reverent and pay attention during Mass?
 - Do I avoid unnecessary work on Sunday?
 - Do I make Sunday a day of prayer or rest?
- IV. *Honor your father and your mother.***
- Do I respect and obey my parents?
 - Have I dishonored or mistreated them by word or deed?
 - Am I willing to help out around the house or must I be nagged a hundred times?
 - Do I try to get along with my brothers and sisters?
 - Am I a tattletale or bully?
 - Do I give a good example, especially to younger siblings?
 - Do I respect others in authority: priests, nuns, police, elders, teachers, baby-sitters?
- V. *You shall not kill.***
- Do I beat up others or hurt their bodies?
 - Do I say cruel things, or make fun of others to hurt their feelings?
 - Do I say mean things about others behind their backs?
 - Have I stopped speaking to anyone?
 - Do I encourage others to do bad things?
 - Do I try to love all people, born and unborn?
- VI. *You shall not commit adultery.***
- Do I treat my body and other people's bodies with purity and respect?
 - Do I look at television shows, movies, or pictures that are bad?
 - Am I modest in my speech and the clothes I wear?
- VII. *You shall not steal.***
- Have I taken things that were not mine from a store or another person?
 - Have I destroyed or misused another person's property for fun?
 - Do I return things that I borrow in good condition?

VIII. You shall not commit false witness against your neighbor.

- Am I honest in my school work?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from punishment?
- Do I tell lies that make another person look bad or get them in trouble?

IX. You shall not covet your neighbor's wife.

- Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention to me?
- Do I get mad with I have to share my friends?
- Are there kids I will not play with or be mean to because they look different?

X. You shall no covet your neighbor's goods.

- Am I jealous or envious of the things or abilities that others have?
- Am I thankful to God and my parent of what they have given me?
- Do I share the things I have with my family, friends and poor people?

How to Go to Confession

1. Sign of the Cross: Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: "Bless me, Father, for I have sinned. It has been [give days, months, or years] since my last confession."

2. Confession: Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: "I am sorry for these and all my sins."

3. Penance: The priest will propose an act of penance. The penance might be a prayer, a work of mercy, or an act of charity. He might also counsel you on how to live a better Christian life.

4. Act of Contrition: After the priest has given you a penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more. A suggested Act of Contrition is:

"My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God have mercy."

5. Absolution: The priest will extend his hands over your head and pronounce the words of absolution. Make the Sign of the Cross as he makes it over you and respond, "Amen."

6. Dismissal: The priest will conclude the Sacrament, often saying, "Go in peace."