

# Examination of Conscience for Kids

1. **“You shall have no other gods before me” (v. 7):**  
**Make God the most important thing in your life.**

Have I put God first, or have I sometimes made other things in my life more important than God? Do I remember to talk to him? Do I choose what God wants for me over what I want for myself?

2. **“You shall not make wrongful use of the name of the LORD your God” (v. 11):**  
**Use God’s name the right way.**

Have I used God’s name with care? Have I used God’s name in the wrong way (for example, saying “God” when I wasn’t really talking to him or talking about him)?

3. **“Observe the Sabbath day and keep it holy” (v. 12):**  
**Make Sunday a day to worship God.**

Have I tried my best to worship God at Mass by singing, praying, and listening? Have I misbehaved during Mass?

4. **“Honor your father and your mother” (v. 16):**  
**Love your parents and follow their rules.**

Have I obeyed my parents — even when they are not looking? Have I talked back to them?

5. **“You shall not murder” (v. 17):**  
**Be kind to the people and animals God made.**

Have I been kind to others? Have I solved disagreements in a peaceful way? Have I fought with anyone? Have I taken good care of my pets?

6. **“Neither shall you commit adultery” (v. 18):**  
**Be respectful in the things you do with your body.**

Have I followed God’s rules in how I treat my body? Do I respect the bodies of others?

7. **“Neither shall you steal” (v. 19):**  
**Take care of other people’s things; don’t take what belongs to someone else.**

Have I respected other people’s things? Have I taken something that doesn’t belong to me?

8. **“Neither shall you bear false witness against your neighbor” (v. 20):**  
**Tell the truth.**

Have I told the truth? Have I told a lie or things that were only partly true?

9. **“Neither shall you covet your neighbor’s wife” (v. 21):**  
**Keep your thoughts and words clean.**

Have I told or listened to any dirty jokes? Have I watched any movies or shows that I shouldn’t have seen? Have I tried to keep my mind on good things?

10. **“Neither shall you desire ... anything that belongs to your neighbor” (v. 21):**  
**Be happy with the things you have.**

Have I been happy with the things I have? Have I been jealous of others and what they have?

— Deuteronomy 5:7–21

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# Act of Contrition

*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.

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## Our Sunday Visitor

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# How I Celebrate Reconciliation

- † I **examine my conscience** beforehand.
- † After Father greets me, **we both pray the Sign of the Cross.**
- † Father or I may **read from the Bible.**
- † I **confess my sins** and Father talks with me about ways to love God and others even more.
- † **Father gives me a penance**, something to do or prayers to pray, which helps me make up for the past and live a better life.
- † I **pray an Act of Contrition**, telling God that I am sorry.
- † In the name of our loving God and the Church, **Father gives me absolution.** By extending his hand over my head and through his words, Father tells me that God has forgiven me.
- † After **Father and I give thanks to God**, he tells me to go in peace.
- † I **thank Father and leave.**

