

**SAINT VINCENT DEPAUL
CATHOLIC CHURCH
EXAMINATION OF CONSCIENCE**

**DESIGNED FOR
SECOND AND THIRD GRADE**

This is to help you get ready for your confession. While no one is required to go to confession [unless one has mortal sin], it is one of the sacraments Jesus gave to His Church. He desires that we make use of this way to have sins forgiven.

Ask yourself these questions. If you know that what you did was wrong [to one or more of them], ask God to help you be brave and confess your sins to the priest.

When ready, go to one of the priests you choose, and say, **"Bless me Father for I have sinned. It has been __ (how long it has been) since my last confession."**

Then tell the priest your sins. He cannot tell anyone what you have said. If you have any questions, feel free to ask the priest. He may ask you a question to help understand what you said.

I. You shall have no other gods before Me

- Do I believe in and love God with my heart, mind and soul?
- Are some things sometimes more important to me than God?
- Do I try to think about God during the day?
- Do I pray every day?
- Do I treat God's creation with respect?

II. You shall not take the name of the Lord in vain

- Do I use the names of God, Jesus, Mary and the saints with respect?
- Do I make fun of holy people, places or things?

III. Remember the Sabbath and keep it Holy

- Have I done what I could to attend Mass on Sundays and on Holy Days?
- Do I try to behave and pay attention during Mass?
- Am I helpful at home by getting ready and not making my family late?

IV. Honor your father and mother

- Do I respect and obey my parents, teachers and others who care for me?
- Do I help my parents willingly?
- Do I cause fights at home or at school?

V. You shall not kill

- Am I kind to others and treat them with respect?
- Do I take care of my body (eating right, being careful when I play, etc.)?
- Do I start fights?
- Do I try to control my anger?
- Do I make fun of others?
- Am I cruel to animals or people?
- Am I careful about the kind of jokes I tell?



VI. You shall not commit adultery

- Do I respect others?
- Am I loyal to my family and friends?
- Do I use bad language?

VII. You shall not steal

- Do I steal or encourage others to steal?
- Do I use other people's things without permission?
- Do I cheat?
- Do I share my possessions?

VIII. You shall not bear false witness

- Do I lie?
- Do I sometimes only tell part of the truth?
- Am I honest in my school work?
- Do I spread rumors about others?
- Do I tell secrets without a very good reason?

IX. You shall not covet your neighbor's wife

- Do I treat other families kindly and with respect?
- Do I allow my parents to spend time with one another, or only want them to pay attention to me?
- Do I gossip or say things that could be hurtful?
- Do I wish bad things on others?

X. You shall not covet your neighbor's goods

- Am I content and thankful for what I have?
- Do I forgive others?
- Am I ever jealous or selfish?
- Do I pout or get angry when I cannot have something I want?
- Do I pester my parents for new things when I don't really need them?
- Do I take care of the things I have?

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 have offended You, my God, Who are all good and deserving of all my love.

I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.

Or

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.

Thank You Jesus for hearing my confession. Thank You for forgiving my sins. Thank You for helping me be holy today and every day.

I will try very hard always to do what is right and good.