

HELPING YOUR CHILD EXAMINE HIS / HER CONSCIENCE

EXAMINATION OF CONSCIENCE QUESTIONS

Spend some time talking with your child about these questions. Have your child draw a happy face when they think they can answer “yes” or a sad face when they have to answer “no.” Help your child to see how they can do a better job on the sad face answers.

1. DO I PRAY EVERY DAY?

It’s good to get into the habit of saying a morning offering, Grace at Meals, and bedtime prayers. Before going to bed is a good time for examination of conscience and the Act of Contrition. But also remind your child that she / he can talk to God at any time during the day to ask for help or to say “thank you.”

2. DO I GO TO MASS EVERY SUNDAY (OR SATURDAY EVENING)

It is essential for the children to participate regularly at Mass. If your family does not attend Mass regularly, please make an effort to get into the habit of attending Mass.

3. DO YOU USE GOD’S NAME WITH LOVE?

Encourage your child to only use God’s name when praying or praising God. It’s easy to get in the habit of using God’s name when annoyed or surprised but it really should be discouraged.

4. DO I LISTEN TO MY PARENTS? DO I OBEY THEM?

You can help your child realize when they are not listening to or obeying you. Explain that God thought it was so important to obey our parents that he gave us the commandment, “Honor your Mother and Father.”

5. DO I SHARE WITH MY BROTHERS AND SISTERS? WITH OTHERS?

Sharing is one way we show love for God and each other which is what Jesus asked us to do when He gave us His Law of Love. Sharing is not only for things such as toys and games, but we can share our time and talents with each other.

6. DO I BEHAVE IN CLASS?

Following rules at home and school and other groups we belong to is important. It shows we honor and respect the people in charge and is part of the Commandment to Honor our Parents.

7. DO I TELL THE TRUTH?

We know that God gave us a Commandment to tell the truth. Children need to be reminded that in order to be trusted they have to be truthful.

8. DO I TAKE GOOD CARE OF MY BODY?

God gave us the gift of life and entrusted us with the care of all that he created. We show God we love him and ourselves by taking good care of ourselves.

9. DO I DO MY BEST AT HOME AND SCHOOL?

This again is making the most of the gifts that God gave us. When we try our best at all we do, we are being the best person God wants us to be!



Welcome home

The Light is On For You

Examination of Conscience for Children

Jesus loves you so much no matter the mistakes you've made. Lent is a good time to think about those mistakes and say sorry to God in the sacrament of Reconciliation. Confession can seem scary but God tells us, "Be not afraid." Preparing and praying can help us feel ready to meet the Lord who loves us and receive His mercy!

Responsibilities to God

Have I prayed every day?
Have I prayed my morning prayers and night prayers?
Have I prayed with my parents and family?
Have I been moody about praying and going to church on Sunday?
Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
Have I asked the Holy Spirit to help me do what is right?

Responsibilities to others

Have I been obedient and respectful to my parents?
Have I lied or been deceitful to them or to others?
Have I been arrogant, stubborn or rebellious?
Have I talked back to parents, teachers or other adults?
Have I pouted and been moody?
Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?
Have I gotten angry at them? Have I hit anyone?
Have I held grudges or not forgiven others?
Have I treated other children with respect or have I made fun of them and called them names?
Have I used bad language?
Have I stolen anything? Have I returned it?
Have I performed my responsibilities, such as homework and household chores?
Have I been helpful and affectionate toward my family?
Have I been kind and generous with my friends?



How do I go to Confession?

- 1. First, pray** to the Holy Spirit to help you, then plan what sins you will tell the priest.
- The priest **welcomes** you. Make the Sign of the Cross. You may say: "Bless me, Father, for I have sinned."
- 3. Tell your sins** simply and honestly to Jesus, who listens through the priest.
- 4. Listen** to the priest's advice and remember the penance he tells you to do.
- 5. Say an act of contrition**
- The priest will **absolve** you.
- 7. Do your penance** right away if you can! **Thank God** for his mercy and love for you.

An 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. In Jesus' name. Amen