

## Examination of Conscience – For Elementary

Each of us desires to live a virtuous life. The Catechism of the Catholic Church says “A virtue is an habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions.” (1803) Hence, confession helps return to the virtues life.

### **6 Step for a Good Confession**

- Examine your conscience - what sins have you committed since your last good confession.
- Be sincerely sorry for your sins.
- Confess your sins to the priest.
- Make certain that you confess all your mortal sins and the number of them.
- After your confession, do the penance the priest gives to you.
- Pray daily for the strength to avoid the occasion of sin, especially for those sins you were just absolved.

Regarding how to go to confession is not that hard and the priest can help you when we forget or are so nervous. Here is the basic formally. In the confession, say, **“Bless me, Father, for I have sinned. It is (state the time since your last confession) since my last confession. Since that time, I have ....”** and tell your sins humbly, clearly and entirely. Be bold, be brief, be gone. As you are concluding your confession, say to the priest, **“for these sins, and those I truly do not remember, I ask for your forgiveness, advice and absolution.”** Then the priest may give advice or helpful words to resist those sins in the future. Then the priest will give your penance. Then the priest will ask you to say your Act of Contrition. There are many different ones, one of the most traditional is **“Oh my God, I am heartily sorry for having offended you and I detest all my sins because I dread the loss of heaven and the pains of hell, 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 sin no more, to amend my life, and to avoid whatever leads me to sin. Amen.”** Then the priest will pray those beautiful words of the Prayer of Absolution. After confession, kneel before the Blessed Sacrament and perform your penance according to the direct of your confessor, and thank God for His Mercy in your own words.

Some people have troubles recalling their sins. Calmly and honestly ask yourself what you have done with full knowledge and full consent against God and His commandments.

### ***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 superstitions, 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, even when on vacation?

Do I arrive at 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 my parents by word or deed?

Am I willing to help 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, teachers, bus drivers, police, old people, 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 only to me?

Do I get mad when 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 not 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 parents for what they have given me?

Do I share the things I have with my family, friends and poor people?

***The Act of Contrition***

Oh my God, I am heartily sorry for having offended you and I detest all my sins because I dread the loss of heaven and the pains of hell, 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 sin no more, to amend my life, and to avoid whatever leads me to sin. Amen.