

## Examination of Conscience

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Come Holy Spirit. Help me! Give me light to see my sins.  
Help me to be truly sorry for them and to confess them  
well so that I can be clean and pure in my soul.

Jesus, have pity on me. Forgive my sins and take me to  
your heart.

Mary, my mother, pray for me.

Dear Guardian Angel, pray for me.

All you Saints in Heaven, pray for me.

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How long has it been since my last Confession?

\_\_\_ Do I love God with all my heart?

\_\_\_ Do I use God's or Jesus' name with respect?

\_\_\_ Do I come to Mass on Sunday?

\_\_\_ Do I beg my parents to bring me to Sunday Mass?

\_\_\_ Do I prayerfully participate aloud at Sunday and  
school Masses?

\_\_\_ Do I pay attention in my religion classes?

\_\_\_ Do I obey my parents and teachers?

\_\_\_ Do I respect my parents and teachers?

\_\_\_ Do I help around the house?

\_\_\_ Have I been lazy?

\_\_\_ Do I forgive people when they hurt me?

\_\_\_ Do I bully or am I mean towards anyone?

\_\_\_ Do I watch movies/play video games/listen to music  
that has bad words or violence?

\_\_\_ Do I cheat on tests or copy homework?

\_\_\_ Did I steal something that belonged to another  
person?

\_\_\_ Did I break something that belonged to someone  
else?

\_\_\_ Do I lie or gossip or say bad things about others?

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### 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.

### **After Confession:**

Thank you, Dear Jesus, for making my soul clean and pure again. I praise You and adore You now and forever!  
Help me to never sin again because I know it hurts you.  
And now, Dear Jesus, help me to pray the penance the priest gave to me. May it help to make up for my sins.

(here say your penance)

I join this penance to all the prayers and sufferings of Jesus, Mary, and all the saints. Help me to love You more and more. Help me to live as you want me to live.  
Dear Angel, my dear guardian and helper, pray for me.  
Amen.

### **Lord Jesus,**

I give you my hands to do your work.  
I give you my feet to go your way.  
I give you my eyes to see as you see.  
I give you my tongue to speak your words.  
I give you my mind to think as you think.  
I give you my spirit so that you may pray in me.  
I give you my self so that you may grow in me.  
I give you my heart so that you may love in me.  
So that it is you, Lord Jesus, who lives and works and prays and loves in me. Amen.