

# EXAMINATION OF CONSCIENCE

1. I make the Sign of the Cross.
2. I say The Lord's Prayer
3. I pray to the Holy Spirit: Lord, please help me recognize all the sins that I have committed, to sin no more, and make a good confession.
4. Examine my life based on the 10 Commandments:

## WITH GOD'S FAMILY:

- Do I always pray or talk to God?
- Do I always say God's name with love and respect?
- Do I go to Mass on Sunday and other Holy Days?
- Do I obey and believe in God?

## WITH MY LITTLE FAMILY:

- Did I love and help my parents?
- Did I talk nicely to my grandparents, parents, brothers and sisters?
- Did I tell the truth?
- Did I do what my parents asked me to do?

## WITH MY BIG FAMILY:

- Did I obey my teacher?
- Did I love and help my friends or others?
- Did I always talk nicely about my friends or others?
- Did I fight with others?
- Did I steal or tell someone else to steal?
- Did I ever cheat on tests or schoolwork?
- Did I hate anyone?
- Did I refuse to forgive others?

5. I admit my sins
6. I am very sorry and promise not to sin again.
7. I say sorry to God and everyone.
8. I go to the priest and make CONFESSION
9. I do my PENANCE
10. I thank God