

How to Make a Good Examination of Conscience and Confession

- 1. Find a place to be quiet and still.**
- 2. Ask the Holy Spirit to help you.**
- 3. Think about your choices. Think about what you have done wrong. Think about what you should have done but did not do.**
- 4. Use the Ten Commandments to remember what God tells us we should do and should not do.**
- 5. Go to Confession. Do not be afraid. Ask for God's forgiveness. Remember that God loves to forgive you and heal your soul!**

Examination of Conscience from the

TEN COMMANDMENTS

God gives us the Ten Commandments to show us how to live a happy, holy life. The Ten Commandments tell us what we should do and should not do. Ask the Holy Spirit to help you see any way that you did not keep the Ten Commandments.

First Commandment: “I am the LORD your God: you shall not have strange gods before me.”

- 0 Did I try to make God the most important thing in my life?
- 0 Did I act like other things, activities, or people are more important than God?
- 0 Did I spend time with God each day in prayer?
- 0 Did I thank God for the good things he has given me?
- 0 Did I receive Holy Communion with mortal sins that I have not confessed yet?

Second Commandment: “You shall not take the name of the LORD your God in vain.”

- 0 Did I always use God’s name with love and respect?
- 0 Did I use God’s name out of anger or as a curse?
- 0 Did I speak badly about God, the saints, or any other holy person or thing?
- 0 Did I use bad language or curse words?

Third Commandment: “Remember to keep holy the LORD’s Day.”

- 0 Did I miss Mass on Sunday or a holy day of obligation on purpose without a good reason (like being sick or not having a ride)?
- 0 Did I complain about going to Mass?
- 0 Did I pay attention at Mass as well as I could? Did I say the responses, pray, and sing?
- 0 Did I fast (no food or drink except water) for one hour before receiving Holy Communion?
- 0 Did I rest on Sundays?

Fourth Commandment: “Honor your father and your mother.”

- 0 Did I show love and respect to my parents or the adults who take care of me?
- 0 Did I disobey them? Did I get angry or talk back to them?
- 0 Did I try to be thankful for what my parents do for me?
- 0 Did I help my family at home? Did I complain about chores?

- 0 Did I argue or fight with my brothers or sisters? Am I kind to them?
- 0 Did I respect and obey other adults in charge (priests, nuns, teachers, police, etc.)?
- 0 Did I obey the rules at school?
- 0 Did I do my best on homework and other schoolwork?

Fifth Commandment: “You shall not kill.”

- 0 Did I hurt anyone on purpose?
- 0 Did I make fun of others or call them names?
- 0 Did I lose my temper or get angry at anyone?
- 0 Did I not forgive someone?
- 0 Did I leave out anyone on purpose?
- 0 Did I talk badly about others or gossip?
- 0 Did I share what I can with others, especially those who have less than I do?
- 0 Did I try to take care of my body?

Sixth and Ninth Commandments: “You shall not commit adultery.” “You shall not covet your neighbor’s wife.”

- 0 Did I try to treat my body and others’ bodies with respect?
- 0 Did I think about disrespectful things on purpose?
- 0 Did I listen to or tell disrespectful jokes?
- 0 Did I look at disrespectful images, videos, TV shows, or movies?

Seventh and Tenth Commandments: “You shall not steal.” “You shall not covet your neighbor’s goods.”

- 0 Did I steal anything?
- 0 Did I take something without permission? Did I purposely not return something?
- 0 Did I damage someone else’s things?
- 0 Was I greedy or selfish?
- 0 Did I share what I can, especially with those who have less than I do?
- 0 Am I thankful for what I have?
- 0 Am I jealous of what others have or what they can do?

Eighth Commandment: “You shall not bear false witness against your neighbor.”

- 0 Did I lie? Did I tell half the truth?
- 0 Did I blame others for something that I did?
- 0 Did I spread rumors about someone?
- 0 Did I tell secrets?
- 0 Did I cheat on schoolwork or in a game?
- 0 Did I keep my promises?
- 0 Did I keep silent when I should have said something?

Examination of Conscience from the

BEATITUDES

God wants you to have a happy, holy life. Sin hurts our chances of happiness. The Ten Commandments tell us what we should do and should not do in our actions. Sin can also be in our hearts and minds. Jesus gave us the Beatitudes to show us how to use our minds and hearts. Ask the Holy Spirit to help you see any way you did not follow the Beatitudes.

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

- 0 Did I try to keep God as the most important thing in my life?
- 0 Did I act like other things, activities, or people are more important than God?
- 0 Did I spend time with God each day in prayer?
- 0 Did I thank God for the good things he has given me?
- 0 Did I steal anything?
- 0 Did I damage someone else's things?
- 0 Was I greedy or selfish?
- 0 Did I share what I could, especially with those who have less than I do?
- 0 Did I try to be thankful for what I have?
- 0 Was I jealous of what others have or what they can do?

“Blessed are those who mourn, for they will be comforted.”

- 0 Did I ignore someone who needed help or comfort on purpose?
- 0 Did I try not to complain?
- 0 Did I try to be kind to people who are hurting?
- 0 Am I sorry for my sins?
- 0 Did I try to repair how my sins hurt others?
- 0 Did I apologize and ask forgiveness if I did something wrong?
- 0 Did I do nothing when I should have helped?

“Blessed are the meek, for they will inherit the earth.”

- 0 Did I try to get my own way instead of thinking about others?
- 0 Did I hurt someone on purpose?
- 0 Did I make fun of others or call them names?

- 0 Did I lose my temper or get angry at anyone?
- 0 Did I talk badly about others or gossip?
- 0 Did I use bad language or curse words?
- 0 Did I refuse to forgive someone?
- 0 Do I treat others with respect?
- 0 Did I leave anyone out on purpose?

“Blessed are those who hunger and thirst for righteousness, for they will be filled.”

- 0 Is God the most important thing in my life?
- 0 Did I always use God’s name with love and respect?
- 0 Did I miss Mass on Sunday or a holy day of obligation on purpose without a good reason (like being sick or not having a ride)?
- 0 Did I complain about going to Mass? Did I listen to my parents when they asked me to get ready?
- 0 Did I pay attention at Mass? Did I say the responses, pray, and sing?
- 0 Did I keep Sunday as a day of rest by avoiding work I didn’t need to do?
- 0 Did I try my best not to sin and ask God for help?
- 0 Did I keep silent when I should have said something?

“Blessed are the merciful, for they will receive mercy.”

- 0 Did I try to get even with someone who hurt me?
- 0 Did I think badly about someone on purpose?
- 0 Did I not forgive someone?
- 0 Did I show love and mercy to others?
- 0 Did I try to help others when I could?
- 0 Did I try to think about others more than about myself?

“Blessed are the pure in heart, for they will see God.”

- 0 Did I treat my body and others’ bodies with respect?
- 0 Did I think about disrespectful things on purpose?
- 0 Did I listen to or tell disrespectful jokes?
- 0 Did I look at disrespectful images, videos, TV shows, or movies?
- 0 Did I cheat on schoolwork or in a game?

- 0 Did I lie? Did I tell half the truth?
- 0 Did I spread rumors about someone?

“Blessed are the peacemakers, for they will be called children of God.”

- 0 Did I apologize and ask forgiveness if I did something wrong?
- 0 Did I try to repair how my sins hurt others?
- 0 Did I try to help others get along? Or did I try to make others upset with each other?
- 0 Did I lose my temper or get angry at anyone?
- 0 Did I hurt anyone on purpose?
- 0 Did I show love and respect to my parents or the adults who take care of me?
- 0 Did I disobey them? Did I get angry or talk back to them?
- 0 Did I help my family at home? Did I complain about chores?
- 0 Did I argue or fight with my brothers or sisters? Am I kind to them?
- 0 Did I respect and obey other adults in charge (priests, nuns, teachers, police, etc.)?

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.”

- 0 Did I show that I love Jesus, even if people make fun of me?
- 0 Did I try to do what God wants more than what I want?
- 0 Did I listen to my conscience? Or did I ignore my conscience?
- 0 Did I follow others telling me to do something wrong?
- 0 Did I stand up for what is right, even if people made fun of me?
- 0 Did I try to forgive others who hurt me? Did I pray for them?
- 0 Did I defend people who get bullied or treated unfairly?
- 0 Did I try to offer up my suffering to God instead of complaining?

Examination of Conscience from the

SEVEN DEADLY SINS

The seven deadly sins are serious sins. They are big injuries to our souls. They are all ways of being selfish instead of loving.

PRIDE is thinking we are more important than anyone else.

- 0 Did I try to show off?
- 0 Did I act like a know-it-all?
- 0 Did I brag on purpose?
- 0 Was I happy when someone else made a mistake?
- 0 Did I laugh or make fun when someone else got in trouble?

ENVY is being upset when something good happens to someone else.

- 0 Did I get upset when something good happened to someone else?
- 0 Did I get angry that I did not get the same thing as others?
- 0 Did I complain when someone had something that I did not?
- 0 Did I enjoy it when others lost something good?
- 0 Am I jealous of what others have or what they can do?

LUST is using others instead of loving them.

- 0 Did I use someone just to get something from them?
- 0 Did I try to get others to do something wrong?
- 0 Did I treat my body and others' bodies with respect?
- 0 Did I think about disrespectful things on purpose?
- 0 Did I listen to or tell disrespectful jokes?
- 0 Did I look at disrespectful images, videos, TV shows, or movies?

WRATH is being more angry than we should be or trying to get even.

- 0 Did I hate anyone?
- 0 Did I try to hurt anyone on purpose?
- 0 Did I try to get even with someone who hurt me?

- 0 Did I think badly about someone on purpose?
- 0 Did I not forgive someone?

GREED is being selfish with our things and not thankful for what we have.

- 0 Did I steal anything?
- 0 Did I take something without permission?
- 0 Did I purposely not return something?
- 0 Was I greedy?
- 0 Did I always want more than what I have?
- 0 Did I share what I can, especially with those who have less than me?
- 0 Am I thankful for what I have?

SLOTH is being lazy and not helpful.

- 0 Did I help my family at home? Did I complain about chores?
- 0 Did I try to help others when I can?
- 0 Did I do nothing when I should have helped?

GLUTTONY is taking too much of something, especially things that are not good for our bodies.

- 0 Did I take more than my share of something?
- 0 Did I waste something on purpose?
- 0 Did I try to take care of my body?