

# Children's Examination of Conscience

- 1. Remember how much God loves you and how Jesus calls you to follow him.**
- 2. Pray to the Holy Spirit.**

*Holy Spirit, help me to understand how to follow Jesus each day, to know my sins—the times I have not followed Jesus, and be sorry for them with all my heart. Amen.*

- 3. Remember those times you have not followed Jesus. God is always ready to forgive us, if we ask. Think about the things you want to ask God to forgive in your life. Consider...**

- + Did I talk to God today?
- + Did I say God's name with respect?
- + Did I go to Sunday Mass to praise God?
- + Did I respect and obey my parents?
- + Did I respect others as children of God?
- + Did I call someone a mean name?
- + Did I hurt someone's feelings?
- + Did I fight with anyone?
- + Did I steal?
- + Did I lie?
- + Did I try to bring God's love to others?
- + Did I share with my brothers, sisters or friends?
- + Did I help someone who needed me?
- + Was I friendly to people who are different from me?

Remember—we sin only when we do something on purpose or when we choose not to do the good things we are supposed to do.

- 4. Ask for God's forgiveness.**

In your own words tell God you are sorry for your sins. You might also say this prayer:

*Dear God, I am sorry for doing wrong. I know you love me very much. Help me to be a caring person. Help me to change and grow in your love. Amen.*

Now your heart is ready. You can go with trust to meet the priest in the Sacrament of Reconciliation. Together you will celebrate the love of God who always forgives us!