

## Examination of Conscience



Sins to tell  
the priest

### Prayer for a Good Confession

Dear Jesus, help me to make a good Confession. Show me my sins, both the wrong that I did and the good I failed to do. Help me to be sorry for my sins. Help me to try not to sin again. Have mercy on me, O Lord, and forgive me. Amen.

Check the  
box if the  
answer is  
YES

### When Did I Choose To Do Wrong?

- Did I misbehave during mass?
- Did I ignore what my mom and dad told me to do?  My teachers?
- Have I talked back to my parents, teachers or other adults?
- Did I try to avoid doing my chores?
- Was I lazy about my schoolwork?
- Was I mean to anyone?
- Have I used bad language?
- Did I tell any lies?
- Have I played unfair in games?
- Did I take anything that didn't belong to me?
- Did I get mad and yell or lose my temper?
- Did I hit or push anyone?
- Is there anything else?  \_\_\_\_\_

Check the  
box if the  
answer is  
NO

### Or Fail To Do Good?

- Have I prayed every day?
- Have I asked Jesus to be with me and help me?
- Have I thought of ways to be nice and helped my family?
- Have I played nicely and shared with my friends?
- Have I followed school rules?
- Have I forgiven people?
- When someone is being treated unfairly by other kids, do I try to find a way to be fair?
- Have I been deceitful by not speaking up to correct something that I knew was wrong?
- Do I eat healthy foods for my body?
- Is there anything else?  \_\_\_\_\_