



Welcome home

The Light is On For You

Examination of Conscience for Children

Jesus said, "Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these." **Matthew 19:14**

10 COMMANDMENTS

I. You shall not have any other Gods before me.

II. You shall not take the name of the Lord your God in vain.

III. Remember to keep holy the Lord's Day.

IV. Honor your father and your mother.

V. You shall not kill.

VI. You shall not commit adultery.

VII. You shall not steal.

VIII. You shall not lie.

IX. You shall not covet your neighbor's spouse.

X. You shall not covet your neighbor's goods.

REFLECT

Do I talk to God in prayer?

Do I use God's name when I am upset? Do I use bad words?

Do I go to Mass on Sundays? Do I behave well in Mass?

Do I listen and speak respectfully to my parents, and teachers?

Have I hurt someone else physically or with unkind words?

Have I broken a serious promise that I made?

Have I taken something that does not belong to me?

Have I lied to others or not told the whole truth?

Do I get jealous of others?

Have I tried to take something that does not belong to me?

HOW DO I GO TO CONFESSION?

1 Say a prayer to the Holy Spirit for guidance. Review the 10 Commandments and reflection questions.

2 The priest will welcome you. Make the Sign of the Cross and you can say: "Bless me, Father, for I have sinned. My last confession was (the last time you went to confession or tell the priest this is your first confession)."

3 Tell the priest your sins.

4 Listen to the guidance and penance the priest gives you.

5 Pray an Act of Contrition. If you forgot it, you can read it below!

6 The priest will absolve you.

7 Do your penance.



ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing, to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. (Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.)