

## **Student's Examination of Conscience**

*Dear Jesus! I come to confess my sins and to ask your forgiveness  
in the holy Sacrament of Reconciliation.*

*Help me to remember my sins and to confess them carefully.*

*O Mary, my heavenly mother, pray for me that I may make a good confession!*

*My dear Guardian Angel, help me to recall every sin since my last worthy confession.*

### *1<sup>st</sup> Commandment (Pray)*

- Have I refused to believe anything that the holy Catholic Church teaches? What was it?
- Have I failed to learn about my faith: the Apostles Creed? The Ten Commandments? The Seven Sacraments? My prayers?
- Have I failed to study my faith as I should?

### *2<sup>nd</sup> Commandment (God's Name)*

- Have I taken the holy name of God in vain? How often?
- Have I spoken disrespectfully of priest? Or holy things? How often?
- Have I used other bad language? How often?

### *3<sup>rd</sup> Commandment (God's Day)*

- Have I missed Mass on Sunday through my own fault? How often?
- Have I misbehaved in church? How often?
- Have I paid attention to my prayers?

### *4<sup>th</sup> Commandment (Obey)*

- Have I been disobedient or disrespectful to my parents or teachers? How often?
- Have I tried to provoke them? How often?

### *5<sup>th</sup> Commandment (Kind)*

- Have I had any fights: or quarrels? How often?
- Have I made fun of anybody or called them names? How often?
- Have I picked on anyone or tried to provoke them? How often?

### *6<sup>th</sup> Commandment (Respectful)*

- Have I done anything immodest or impure? How often?

### *7<sup>th</sup> Commandment (Honest)*

- Have I stolen anything?
- Have I harmed anyone's property?
- Have I cheated anyone?
- Have I helped others to commit sin in any way?

### *8<sup>th</sup> Commandment (Truthful)*

- Have I lied about anyone? How often?
- Have I told other lies? To whom? How often?
- Have I talked behind other people's back? How often?
- Have I kept bad company? How often?

### *9<sup>th</sup> Commandment (Respectful)*

- Have I purposely thought of impure things? How often?

- Do I watch appropriate programs on television? Visit age appropriate websites on the internet? Do I spend too much time on the internet or watching television?

*10<sup>th</sup> Commandment (Honest)*

- Have I desired to have for myself what belongs to another?

*Capital Sins*

- Have I been guilty of boasting or bragging? How often? (Pride)
- Have I stuffed myself when eating? How often? (Gluttony)
- Have I used any alcohol or drugs? How often?
- Have I failed to study or do my other work? How often? (Sloth)
- Are there any other sins I may need to confess?

*Responsibilities to God.*

- Have I prayed every day?
- Have I prayed my morning and night prayers?
- Have I prayed with my parents and family?
- Have I been moody and rebellious about praying and going to church on Sunday?
- Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
- Have I asked the Holy Spirit to help me do what is right?

*Responsibilities to others.*

- Have I been obedient and respectful to my parents?
- Have I lied or been deceitful to them or to others?
- Have I been arrogant, stubborn or rebellious?
- Have I talked back to parents, teachers or other adults?
- Have I pouted and been moody?
- Have I been selfish toward my parents, brothers and sisters, teachers or my friends?
- Have I hit anyone?
- Have I held grudges or not forgiven others?
- Have I treated other children with respect or have I made fun of them and called them names?
- Have I used bad language?
- Have I stolen anything? Have I returned it?
- Have I performed my responsibilities: Have I done my homework? Done my household chores? Have I tidied up my room and my toys when asked?
- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?

*To be used the next time you receive the Sacrament of Reconciliation.*

- How long has it been since my last good confession?
- Did I hide any sin from the priest?
- Did I do the penance the priest gave me?