

Examination

My Relationship with God

- Do I remember to pray each day?
- Do I pay attention at Mass? Have I fooled around in Church?
- Do I use God's name or Jesus' name without respect or when I am angry?

My Relationship with Family, Friends and Neighbors

- Do I obey my parents and my teachers? Do I do what they ask me to do?
- Do I say mean things to my mom or dad?
- Do I always say "Thank You" to people?
- Am I hard to get along with (during school, at Grandma's, at home?)?
- Am I lazy around the house? Do I do my chores?
- Do I hurt others' feelings by calling them bad names? Do I make fun of others?
- Do I tell lies?
- Do I bully others?
- Do I start fights with my brothers and sisters at home?
- Do I blame other people for things I do?
- Do I get other people into trouble?
- Do I hit people when I get mad?
- Do I forgive people when they hurt me? Or do I hold a grudge?
- Do I cheat or play unfair in games?
- Do I refuse to play with someone for no good reason?
- Am I was lazy about my schoolwork?
- Do I fail to do my homework?
- Do I cheat in school?
- Do I take anything that doesn't belong to me? Do I return things that I borrow in good condition?
- Do I take care of my belongings and those of others?
- Do I refuse to eat food I didn't like?
- Do I follow rules about using the computer at home?

Act of Contrition:

My God, I am sorry for my sins with all of 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. Amen.

Act of Contrition (Short Form):

O my God, I am very sorry for all my sins, because they displease you, who are all good and deserving of all my love. With your help, I will sin no more. Amen.

Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

The Lord's Prayer/Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

The Hail Mary

Hail Mary, full of grace, the Lord is with thee, blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory Be to the Father

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

Words of Absolution Spoken by the Priest

God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son + and of the Holy Spirit.

Confession of Sin

I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault, in my thoughts and in my words, in what I have done, and in what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God.