

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, into my soul.
Show me my sins, both the wrong that I did and the good I failed to do.
Give me the grace to be sorry for my sins out of love for God,
so that through Confession my soul might be healed and strengthened to do good.
Amen

(Taken from Teaching Catholic Kids)

An Examination of Conscience for Children

Responsibilities to God:

Have I prayed every day?
Have I prayed my morning prayers and night prayers?
Have I prayed with my parents and family?
Have I been moody 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 to them or to others?
Have I been stubborn?
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 and schoolmates?
Have I gotten angry at them? Have I hit anyone?
Have I 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 done my homework and household chores?

ACT OF CONTRITION

O my God, I am heartily sorry for having offended you,
and I detest all my sins because of your just punishment,
but most of all because they offend you, my God,
who are all good and deserving of all my love.
I firmly resolve with the help of Your grace
to sin no more and to avoid the near occasion of sin.