

## **Examination of Conscience for Middle School**

### **1. I am the Lord, your God; you shall not worship other gods.**

- Is there anything or anyone more important for me than God or have I put other things money, clothes, sports, TV, music pleasure, peer approval or famous celebrities before God?
- Do I pray every single day? Do I only pray when I need something or do I also seek to praise and thank Him too? Have I made a serious effort to get to know my faith well?

### **2. You shall not take the name of the Lord in vain.**

- Have I spoken about God, or used the name of God or Jesus or Mary, carelessly or without thinking?
- Have I made fun of or mocked God, Jesus, Mary or the Church?
- Do I use bad language?

### **3. Keep holy the Lord's Day.**

- Have I asked my parents to take me to Mass on Sundays and Holy Days?
- Have I refused to go the Mass?
- Have I tried to pay attention to what is going on when I am at Mass or do I just go through the motions?
- Do I talk and joke with others when I am at Mass?
- Have I kept the Eucharistic Fast (no eating one hour before Communion)?
- Have I received Holy Communion in a state of Mortal Sin?

### **4. Honor your father and your mother.**

- Do I always obey my parents or those in authority (teachers, coaches, principal, police, etc.) and do what they tell me to do?
- Do I talk back to my parents, yell at them or say mean things to them?
- Do I lie to my parents?
- Do I show them love, affection, and respect?
- Have I disrespected my family members or treated them poorly, by insulting, Mocking, ridiculing or yelling at them?
- Do I try to bring happiness and peace to my family or do I cause tension and drama?
- Have I fought or argued with my brothers or sisters?
- Do I complete my homework and chores to the best of my ability?

### **5. You shall not kill.**

- Have I been mean or bullied others?
- Do I insult or make fun of others or try to hurt others by my words or actions?
- Do I refuse to forgive someone or hold a grudge?
- Do I hate anyone?
- Do I lose my temper and get mad?
- Have I done any bodily injury to another person or myself?
- Have I experimented with or use drugs or alcohol?
- Have I lead others into sin?

### **6. You shall not commit adultery.**

- Do I take good care of my body?
- Do I dress in a modest and self-respecting way?
- Have I treated others, in my words, thoughts or actions, as objects?
- (For Boys) Do I show proper respect for girls?
- (For Girls) Do I show proper respect for boys?
- Do I treat everyone as though they are a Child of God?
- Have I looked at inappropriate images on the internet (pornography)?

**7. You shall not steal.**

- Have I taken anything that did not belong to me without asking permission?
- Did I return what I took?
- Have I taken something that should have gone to someone else?
- Have I cheated on a test?
- Have I wasted time, goods or food?

**8. You shall not bear false witness against your neighbor.**

- Have I told lies?
- Have I said things to make myself look better to others?
- Have I broken promises?
- Have I talked behind someone's back (gossip)?
- Have I spread rumors?
- Have I used twitter, snapchat or any other form of social media or app in ways that are hurtful or damaging to others?

**9. You shall not covet your neighbor's wife.**

- Am I jealous or envious of my friends?
- Do I continue to do things even after I have been told "No"?
- Do I respect other people's privacy?
- Have I thought about impure or lustful desires?
- Have I looked at someone else with an impure or lustful desire?
- Have I engaged in dirty conversations?

**10. You shall not covet your neighbor's property.**

- Do I want to have the things others have?
- Am I jealous of people who have lots of things?
- Is it hard for me to share my things?
- Am I grateful for the things that I do have?
- Do I judge people by the clothes they wear or the condition of the things they have?
- Am I generous in supporting the mission of the Church? Do I give willingly, my time, talents and treasure in parish and school community?

**How to go to Confession**

1. You always have the option to go to confession anonymously in the confessional, that is, behind a screen or face to face, if you so desire.
2. After the priest greets you in the name of Christ, make the sign of the cross and say: "Bless me Father for I have sinned. It has been (state how long) since my last confession. These are my sins."
3. Tell your sins simply and honestly to the priest. You might even want to discuss the circumstances and the root causes of your sins and ask the priest for advice or direction.
4. Listen to the advice the priest gives you and accept the penance from him. Then make an Act of Contrition (see below) for your sins.
5. The priest will then pray the Prayer of Absolution (where Jesus forgives your sins). He will dismiss you and you return to your pew to do your penance.

### **ACT OF CONTRITION**

Oh 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. Amen.

### **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.

### **HAIL MARY**

Hail Mary, full of Grace, the Lord is with thee.  
Blessed art thou among 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.