

EXAMINATION OF CONSCIENCE FOR

Regular confession as a family is a wonderful way to invite more joy into your home, but sometimes we have a hard time knowing exactly what to confess. This guide will help you get prepared!

Key: *Younger children* * *Teens* * *Parents*
(Also consider the questions for those younger.)

CONFESSION: STEP BY STEP

1. Say, "Bless me, Father, for I have sinned. It's been ___ since my last confession."
2. Tell the priest your sins, noting the number of times and severity as much as you are able.
3. The priest may give you some counsel, and will likely give you a penance.
4. The priest will say a prayer of absolution and give you a blessing.
5. When you are finished, do your penance and resolve to not sin again!

Love is patient & kind

- Do I try my best to pay attention during Mass and family prayer?
- Am I patient when I have to wait?
- Have I been kind to my parents, siblings and friends? My kids?
- When I disagree, do I do so respectfully?
- Do I treat people kindly online?
- Am I as patient with my spouse's faults as I am the kids'? My own?
- Do I always speak kindly about my spouse and kids to others?

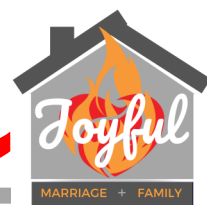
Love doesn't envy or boast

- Do I try to be happy for siblings/friends when they get something that I don't?
- Do I represent myself honestly on social media without exaggerating?
- Do I control my thoughts, not "counting" my own good deeds vs. my spouses?

A Simple Act of Contrition

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

families



Love doesn't seek its own way

- Do I listen to my parents and do what they ask joyfully and quickly?
- Do I look out for ways to serve the family, not just waiting to be told what to do?
- Do I uphold the dignity of others' sexuality? My own?
- Do I seek to learn about Church teachings I don't understand instead of just rejecting them?
- When I disagree with my spouse, do I seek to find the best decision rather than fighting to win?
- Do I consider my spouse's needs when booking my time?
- Do I include God in my discernment of family size?

Love is not quick-tempered

- When I'm angry, do I control my words and keep my hands to myself?
- Do I avoid saying mean things when I'm upset?
- Do I avoid speaking critically of my spouse?
- Do I take care to be respectful of my spouse or children when we have conflict?

Love doesn't brood over injury

- Am I quick to forgive when I'm hurt?
- Do I try hard not to feel sorry for myself?
- Do I avoid saying mean things when I'm upset?
- Do I avoid bringing up past injuries once they are forgiven?

Love rejoices in the truth

- Do I always tell the whole truth?
- Do I do my best in my schoolwork and chores?
- Do I avoid wasting time, stealing and cheating?
- Do I avoid putting myself down?
- Do I affirm my spouse frequently?