

Examining My Conscience and the Act of Contrition

*Parents, please practice the Act of Contrition
with your child.*



Holy Spirit,

Help me answer these questions honestly. Help me as I try to be more like Jesus.

Do I pray and talk to God every day?

Do I say God's name only in a prayerful way?

Am I trying to trust God like Jesus did?

Do I do things that will help me be a good person?

Do I take care of what I have?

Do I thank God for who I am?

Do I obey my parents and do what they ask?

Do I try my best in school?

Have I hurt others by my words or actions?

Do I say "I am sorry" when I do hurt someone or do something wrong?

Do I say "I forgive you" when someone hurts me?

Do I ever cheat at school or at play?

Have I taken things that do not belong to me?

Have I told lies?

Thank you, Holy Spirit for helping me to love follow Jesus in all things.

Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, 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.

Amen.