

# Preparing for First Confession or the Sacrament of Reconciliation

Examination of Conscience using The Ten Commandments to  
reflect on the sins we have committed



9.2.21

T: Can I examine my conscience?



In this PowerPoint, there is a list of questions based on The Ten Commandments, that we can ask ourselves before making our confession for God's mercy. This is called an 'examination of conscience'.

The Ten Commandments were a list of rules given to Moses by God (a long time ago in the Old Testament of the bible). They tell us how we should live and help us make good choices.

# Prayer Before Confession

Dear Jesus,

Help me to make a good confession, help me to remember the times when I didn't live as Jesus asked me to. Help me to be sorry and to decide not to sin again. Have mercy on me Lord and forgive me.

Amen.

It is sometimes really hard to do, but we must look at our sins, say and be sorry to God.



# TASK:

Your task today is to spend some time thinking about the questions on the following slides. You don't need to write anything down, or send anything to me – it's between you and God.

There is a link to some reflective listening music on the website and Teams.

If we were all in school, we would be having a special class prayer service, visiting church to see where you confess your sins, practising meditation (like we have before) and spending some time with God. Try to have some quiet time with God today and hopefully very soon we will be able to do all these other things together. 😊



# 1. I am the Lord your God. You shall not have strange gods before me.

- Has my love for material things such as toys or video games come before God?
- Have I put my love for my favourite sports player or celebrity before my love for God?
- Do I forget to give time in my day to pray to God?
- Do I only turn to God when I need something?
- Have I pretended that I am not a believer of God?
- Have I put my trust in superstitions rather than God alone?

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

- Do I ever use God's name carelessly?
- Do I ever say God's name as a swear?
- Do I ever say God's name in anger?
- Have I used foul or bad language?
- Have I sworn at another person?

### 3. Remember to keep the holy Lord's Day.

- Have I failed to attend church at the weekends on purpose?
- Do I make it difficult for my family to get to church on time?
- Do I leave church early or arrive late?
- Have I not been paying attention during mass, church service or religion class?
- Have I forgotten to behave with reverence, love and respect in church?
- Was I distracted in church and not concentrating on praying to God?
- Did I not show example to younger children?
- Do I forget to say my prayers every day?

## 4. Honour your father and mother.

- Have I ignored my parents, guardians or family members?
- Did I complain when my parents asked for help around the house?
- Have I forgotten, or chosen to forget, to do my chores in my home or school?
- Have I been disrespectful to my parents, teachers, coaches or other adults in authority?
- Have I been disrespectful to my brothers, sisters or classmates?
- Have I been showing a bad example to younger siblings?
- Have I been rude to an older person?



## 5. You shall not kill.

- Have I lost my patience or my temper with others?
- Have I been rude or unkind to others, especially those who are different to me?
- Have I tried to get even with, or revenge on, another person?
- Have I ever said cruel things or purposely hurt another person's feelings?
- Have I ever wished mean things on others?
- Have I ever said anything mean behind someone's back?
- Have I ever ignored others?
- Have I ever encouraged others to be mean to someone?
- Have I not taken care of my body?
- Was I unkind to pets or animals?

## 6. You shall not commit adultery.

- Have I not been modest in what I say or what I do?
- Have I not been modest in what I look at or what I listen to?
- Have I acted impure in my thoughts or my actions?

## 7. You shall not steal.

- Have I taken something that doesn't belong to me?
- Have I forgotten to return something on purpose that I have borrowed?
- Have I been irresponsible with money?
- Have I been greedy with money from my family?
- Have I misused or destroyed someone's property for fun?

## 8. You shall not speak falsely of others.

- Have I been dishonest or have I lied about something?
- Have I hurt others by what I have said or done?
- Have I copied someone else's work?
- Have I told lies to protect myself?
- Have I told lies to make others look bad or get in trouble?
- Have I exaggerated the truth?
- Have I omitted the truth?

## 9. You shall not covet your neighbour.

- Have I been jealous of the friends that someone else has?
- Have I been unkind to others because I am jealous?
- Have I gotten mad or been selfish when I have to share my friends?
- Am I mean to other children because they are different?

## 10. You shall not covet your neighbour's goods.

- Have I been jealous of things that my friends have?
- Have I pestered my parents into buying something because my friends have them?
- Have I neglected others when they needed help from me?
- Have I been jealous of the abilities or talents that others have?
- Have I been selfish and not shared my things with others?
- Have I been ungrateful to God and my family for what they have given me?
- Have I not shared with my friends or others not as fortunate as me?
- Have I forgotten to thank God for the blessings I have?

# Act of Sorrow

Oh my God, I thank You for loving me,  
I am sorry for all my sins;  
for not loving others and not loving You.  
Help me to live like Jesus and not sin  
again.  
Amen



