

FAMILY EXAMINATION OF CONSCIENCE FOR DRAGON SLAYERS



LOVE OF GOD

How do I go to Confession?

(1st Commandment: No other Gods)

Beware of these Dragons: Braggen, Slackbottom

Have I made anything more important than God: myself, others, money, things I own, things I want, ideas, activities, or goals?

Have I set aside time to pray to God every day?

Have I acted pridefully, as if I know everything, am better than others, or don't need God or others?

(2nd Commandment: Don't take the name of the Lord in vain) Beware of these Dragons: Stinkmouth, Bucephalus

Have I used God's name in a bad way?

Have my words hurt God, his Church, or the good he wants for all people?

Have my words and actions given glory to God's name?

Have I shared my faith with those who do not know God?

Have I said my prayers mindlessly without care or reverence for whom I am speaking to?

(3rd Commandment: Keep holy the sabbath)

Beware of these Dragons: Frantix, Braggen

Have I gone to Mass each Sunday & Holy Days of Obligation?

Have I fully shared in the celebration of Mass?

Have I listened to the Word of God and the homily?

Have I received the Eucharist reverently?

Have I spent my Sundays in prayer, rest, service, and family time?

LOVE OF NEIGHBOR

(4th Commandment: Honor Father and Mother) Beware of these Dragons: Stinkmouth, Slackbottom

Have I given love and respect to my father and mother?

Have I obeyed my parents and others in authority?

Have I tried to help them without being asked?

Have I whined, complained, nagged, or otherwise been difficult toward my parents or teachers?

Have I been loving and respectful to my brothers and sisters?

(Continue on back)

Act of Contrition Version 1: Oh my God, I am heartily sorry for having offended thee. I detest all my sins because of thy just punishment, but most of all because I offend thee my God, who is all good and deserving of all my love. I firmly resolve, with the help of thy Grace, to sin no more, and avoid the near occasions of sin. Amen

1. Prepare

Do an examination of Conscience. Pray to the Holy Spirit to help you, then plan what you will tell the priest. Write down your sins.

Read as a family the parable of the Prodigal Son. This story takes place every time we go to confession. Psalm 51 can also help you prepare.

2. Confess

You can usually choose the option of face to face or behind the screen. The priest welcomes you. Make the sign of the Cross. You may say, "Bless me, Father for I have sinned." Give an approximate time since your last confession. Tell your sins simply and plainly.

Listen to the priest's advice and remember the penance he gives you.

Say an act of contrition

The priest absolves you.

Do your penance right away if you can. Thank God for his mercy and love for you.

3. Celebrate

As a family, burn your sins to remember they are gone and enjoy a steak or hamburger (Kill the fattened calf!)



(5th Commandment: Don't Kill)

Beware of these Dragons: Bucephalus, Malefactor, Nemecyst, Morghall, Stinkmouth

Have I been a good citizen?
Have my words and actions strengthened my community, or harmed it?
Have I hurt others, with my hands or my words?
Have I given support or encouragement to those who hurt others?
Have I excluded others, or treated them with less respect than they deserve as children of God?
Have I held onto anger or hatred toward others? Have I refused to forgive others?

(6th Commandment: Don't commit adultery)

Beware of these Dragons: Bogs, Breathbane, Rendagon, Morhgall, Golgoth

Have I respected my body and respected other people's body?
Have I given my body what it needs to be strong and healthy?
Have I been joyful and grateful for the health and gifts God gives me?
Have I helped others when they are sick or hurt and trusted in God when I am sick or hurt?

(7th Commandment: Don't Steal)

Beware of these Dragons: Youserpin, Snuffwick, Cringe Liver, Slackbottom

Have I taken what does not belong to me?
Have I wasted time or resources?
Have I neglected to use my talents and resources to help those in need?
Have I failed to let others borrow my possessions for good reason?
Have I failed to do my work well?
Have I failed to contribute to the good of others through my work?
Have I failed to do my chores and schoolwork as best I can, with a good attitude?

(8th Commandment: Don't Lie)

Beware of these Dragons: Bilgewater, Golgoth, Stinkmouth

Have I failed to always tell the truth to myself, God, and others?
Have I gossiped, or shared information I shouldn't have?

(9th Commandment: Don't covet neighbor's spouse)

Beware of these Dragons: Avarus, Bucephalus, Bogs, Youserpin

Have I been grateful for my spouse or my vocation in life?
Have I shown the people in my life the proper gratitude and respect?
Have I thanked God for the people He has placed in my life?
Have I been sorrowful about other people's happy relationships?

(10th Commandment: Don't covet neighbor's goods)

Beware of these dragons: Avarus, Bucephalus, Bogs, Youserpin,

Have I been grateful for what I have, or greedy to have what others have?
Have I been generous with my time and possessions, or stingy?
Have I given away what I do not need?

Act of Contrition Version 2: 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