



Our Lady of Hope Parish
Diocese of San Bernardino

VIETNAMESE COMMUNITY
of the HOLY VIETNAMESE MARTYRS



EXAMINATION OF CONSCIENCE
IN PREPARATION FOR
SACRAMENT OF RECONCILIATION

For Children and Young Adults.

Lent of the Jubilee Year of 2025

DEFINITION OF SIN

Sin is a **turning away from God and a failure to love**. Sin affects both the individual and the community. A person may be sorry for his or her sin, ask forgiveness for it, accept punishment for it, and resolve to do better. This process helps a person develop as a Christian.

- **Personal sin** is any thought, word, act, or failure to act that goes against God's law. **Sin is a choice, not a mistake.**
- **Mortal sin** separates you from God. For a sin to be mortal, it must be a **serious matter done with full knowledge and complete consent.**
- **Venial sin** weakens or wounds your relationship with God. Continual venial sin can lead to mortal sin.
- **Social sin** results from the effect that personal sin has on a community. People who have been sinned against may sin in return. Violence, injustice, and other wrongs may develop within the community. When individuals disobey God's law and just civil laws, the entire community suffers.

It is REQUIRED by the Law of the Church that you should receive the Sacrament of Reconciliation by going to Confession at least ONCE A YEAR. To avoid forgetting your sins, it is recommended that you should go to Confession as often as possible.

PART 1.
AN EXAMINATION OF CONSCIENCE
FOR CHILDREN

From First Communion to Pre-Confirmation Classes.

First Commandment:
Always keep God first

*I am the Lord your God:
you shall not have strange Gods before me.*

1. Did I pray after I wake up every morning, before meals and before I go to bed?
2. Did I act with respect in church, where God is present?
3. Did I choose to play or to watch TV or to do other things that I like rather than praying or going to church?

Second Commandment:
Keep God's name holy

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

4. Did I use God's name carelessly for no reason?
5. Did I use God's name in anger to swear or to curse?
6. Did I treat and talk about holy things respectfully?

**Third Commandment:
Attend Sunday Mass**

Remember to keep holy the Lord's Day.

7. Did I go to Mass on Sundays?
8. Did I participate in Mass by responding and singing?
9. Did my behavior make it difficult for my parents to get to church on time?

**Fourth Commandment:
Obey your Parents**

Honor your father and your mother.

10. Did I obey my parents?
11. Did I talk about my parents to others with respect?
12. Did I do my chores without complaining?
13. Did I respect my teachers, priests and others in authority?

**Fifth Commandment:
Do not harm yourselves and others**

You shall not kill.

14. Did I keep my patience or did I lose my temper?
15. Did I use bad words against others or say bad things about someone in front of others?
16. Did I hit or hurt others' bodies?
17. Was I unfair to others?

**Sixth Commandment:
Care for your own body**

You shall not commit adultery.

18. Did I show respect for my body by dressing properly and take care of it daily?
19. Did I respect the bodies of others?
20. Did I watch, listen or say what I was not supposed to watch, listen or say?
21. Did I avoid harmful things like tobacco and alcohol?

**Seventh Commandment:
Respect others' properties/ Do not steal**

You shall not steal.

22. Did I take something that belongs to someone else?
23. Did I forget to return something that I borrowed?
24. Did I cheat on my homework or tests?
25. Did I use my money for good reasons?

**Eighth Commandment:
Always tell the truth/ Do not tell lies**

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

26. Did I always be honest with my words and actions?
27. Did I hurt someone by what I said or did?
28. Did I keep my promise to others?
29. Did I copy someone else's homework?

**Ninth Commandment:
Be faithful in your relationships with others**

You shall not covet your neighbor's spouse.

30. Was I jealous of the friends that someone else has?
31. Did I say bad things behind the back of someone?
32. Did I try to be kind to others?
33. Did I forgive others of something bad they did to me?

**Tenth Commandment:
Do not be jealous of what others have**

You shall not covet your neighbor's goods.

34. Was I jealous of the things that my friends have?
35. Did I beg my parents for things because my friends have them?
36. Did I help or share with others when they needed help?
37. Was I thankful enough to God, to my parents and to others for what I received?

PART 2.
AN EXAMINATION OF CONSCIENCE
FOR YOUNG ADULTS

From Confirmation Classes to the age of 25.

A good Catholic examination of conscience can be a great help in making a new start in the life of faith. To make an examination:

- Set aside some quiet time for reflection.
- Start by praying to the Holy Spirit, asking for help in making a good examination to prepare for Confession.
- Read through the items on this list and honestly reflect on your behavior for each item. If necessary, take this list or some brief notes (keep them private!) to Confession to help you remember things.

RESPONSIBILITIES TO GOD

*I am the LORD your God.
You shall worship the Lord your God
and Him only shall you serve.*

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

Remember to keep holy the Sabbath day.

1. Have I gone to Mass on Sunday or have I rebelled and been stubborn about going to Mass?
2. Did I participate in the Mass or did I daydream?
3. Have I prayed every day?

4. Have I read the Bible?
5. Have I been rebellious toward God and his commands?
6. Have I misused the name of God by swearing and cursing?
7. Have I told the Father that I love him for creating me and making me his son/daughter?
8. Have I thanked Jesus for becoming man, dying for my sin and rising to give me eternal life?
9. Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

Responsibilities to others and myself

Honor your father and your mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.

10. Have I been rebellious, disobedient or disrespectful to my parents, teachers and those in authority over me?
11. Have I lied to or deceived my parents or others?
12. Have I been arrogant and stubborn?
13. Have I talked back to my parents or those in authority?

14. Have I gotten angry or nurtured and held grudges and resentments? Have I refused to forgive others? Have I cultivated hatred?
15. Have I engaged in sexual fantasies? Have I looked at others lustfully?
16. Have I read pornographic literature or looked at pornographic pictures, shows or movies?
17. Have I masturbated?
18. Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?
19. Have I had an abortion or encouraged another to have one?
20. Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?
21. Have I lied or cheated? Have I stolen anything? Have I paid it back?
22. Have I been selfish or spiteful toward others? Have I been jealous?
23. Have I gotten drunk, or taken drugs?
24. Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, channeling, astrology?
25. Have I been patient, kind gentle and self-controlled?
26. When my conscience told me to do something good, did I do it or did I ignore it?

PART 3.
BASIC PRAYERS TO REMEMBER

The LORD's PRAYER | Kinh LẠY CHA

English: 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.

Vietnamese: Lạy Cha chúng con ở trên trời,
chúng con nguyện Danh Cha cả sáng,
nước Cha trị đến,
ý Cha thể hiện dưới đất cũng như trên trời.

Xin Cha cho chúng con hôm nay
lương thực hằng ngày,
và tha nợ chúng con,
như chúng con cũng tha kẻ có nợ chúng con.

Xin chớ để chúng con sa chước cám dỗ,
nhưng cứu chúng con cho khỏi sự dữ.

Amen.

The HAIL MARY | Kinh KÍNH MỪNG

English: Our Father, who art in heaven,
hallowed be thy name;
Hail Mary, full of grace,
the Lord is with you;
blessed are you among women,
and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners
now and at the hour of our death. Amen.

Vietnamese: Kính mừng Maria đây on phúc,
Đức Chúa Trời ở cùng Bà,
Bà có phúc lạ hơn mọi người nữ,
và Giêsu con lòng Bà gồm phúc lạ.

Thánh Maria, Đức Mẹ Chúa Trời,
cầu cho chúng con là kẻ có tội
khi này và trong giờ lâm tử. Amen.

The GLORY BE

English: Glory be to the Father,
the Son, and the Holy Spirit;

as it was in the beginning, is now,
and ever shall be, world without end. Amen.

Vietnamese: Sáng Danh Đức Chúa Cha,
và Đức Chúa Con, và Đức Chúa Thánh Thần,

như đã có trước vô cùng, và bây giờ,
và hằng có, và đời đời chẳng cùng. Amen.

GUIDE for CONFESSION and PENANCE

You: **Bless me Father, for I have sinned. It has been ... month(s) since my last Confession.**

These are my sins: ... *(tell the priest your sins and the number of times you committed each sin, if possible)*

When you have finished telling your sins:

You: **For these and all my sins I am truly sorry.**

The priest may talk with you about your sins and give you some advice to help you. He will give you your Penance.

He will then ask you to say the Act of Contrition.

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.**

The priest will then give you absolution, which concludes:

Priest: ... I absolve you from your sins in the Name of the Father, and of the Son ✠, and of the Holy Spirit.

You: **Amen.**

Priest: The Lord has freed you from your sins. Go in peace.

You: **Thanks be to God.**

Return to your pew and offer your prayer of penance and prayer of thanksgiving.