

An Examination of Conscience for Children

Directions: Go to a quiet place before bed, say some prayers, do this Examination of Conscience, and then make an Act of Contrition.

Responsibilities to God

- › Have I prayed every day?
- › Have I prayed my morning prayers and night prayers?
- › Have I prayed with my family?
- › Have I been moody and rebellious about praying and going to church on Sunday?
- › Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
- › Have I asked the Holy Spirit to help me do what is right?



Responsibilities to others

- › Have I been obedient and respectful to my parent(s)?
- › Have I lied or been deceitful to them or to others?
- › Have I been arrogant, stubborn, or rebellious?
- › Have I talked back to parent(s), teachers, or other adults?
- › Have I pouted and been moody?
- › Have I been selfish toward my parent(s), my brothers and sisters, my teachers, or my friends and schoolmates?
- › Have I gotten angry at them? Have I hit anyone?
- › Have I held grudges or not forgiven others?
- › Have I treated other children with respect, or have I made fun of them and called them names?
- › Have I used bad language?
- › Have I stolen anything? Have I returned it?
- › Have I performed my responsibilities, such as homework and household chores?
- › Have I been helpful and affectionate toward my family?
- › Have I been kind and generous with my friends?

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Act of Contrition

O my God, I am very sorry for having offended you, not only because I fear your just punishments but because you 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 occasions of sin. Amen.