

An Examination of Conscience for Children

Responsibilities to God:

Have I prayed every day?

Have I prayed my morning prayers and my night prayers?

Have I prayed with my parents and family?

Have I been moody and rebellious about praying and going to church on Sunday?

Have I asked the Holy Spirit to help me to do what is right?

Responsibilities to Others:

Have I been obedient and respectful to my parents?

Have I lied or been dishonest to them or to others?

Have I been stubborn or rebellious?

Have I talked back to my parents, teachers or other adults?

Have I pouted and been moody?

Have I been selfish toward my parents, brothers, and sisters, 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?

