

Examination of Conscience for children

Do I thank God by saying my prayers in the morning and evening and before I eat a meal?
I forget to pray. I don't thank God for what I have.

Do I respect God or do I say God's name in a mean way?
I use holy names, like "Jesus," and "God" when I shouldn't.

Do I miss Mass or misbehave during Mass?
I sometimes miss Mass. I don't pay attention at Mass.

Do I obey my parents and do what they ask me to do?
I don't listen to my parents. I don't do my chores. I talked back.

Do I treat others with kindness?
*I hurt other's feelings. I make fun of others.
I was mean to someone on the playground. I get mad.*

Do I respect my teachers and try my best to do well in school?
I don't do my homework. I talk during class.

Do I treat my brothers and sisters kindly or am I always fighting with them?
I yell at my brother/sister. I hit my brother/sister.

Do I take things that do not belong to me?
I take pencils from others without asking. I take candy without asking.

Do I tell the truth?
I broke something and tried to hide it. I blamed someone else for something I did.

Do I respect all of God's creatures?
I'm not always nice to our pet. I talk about hurting others.

An Examination of Conscience for Children using The Lord's Prayer

Our Father who art in heaven, hallowed by Thy name.

- *Do I think about God every day?*
- *Do I say my prayers?*
- *Do I pay attention and participate at Mass?*

Thy kingdom come, Thy will be done on earth as it is in heaven.

- *Am I kind to others?*
- *Do I do what Jesus wants me to do?*
- *Do I share with others?*
- *Am I helpful to my family?*
- *Do I show respect to my teachers and classmates?*

Give us this day our daily bread

- *Do I remember to say thank you?*
- *Am I sometimes greedy?*
- *Do I appreciate the good things I have in my life?*
- *Do I think of ways to help those who have no food?*
- *Do I take things that don't belong to me?*

Forgive us our trespasses as we forgive those who trespass against us.

- *Do I say I'm sorry when I have been wrong?*
- *Do I forgive and forget when someone does something bad to me?*
- *Do I help solve problems between my friends or do I cause more trouble?*
- *Do I say bad things about people who have hurt me?*

Lead us not into temptation, but deliver us from evil

- *Do I play fairly in sports and games?*
- *Do I cheat in school?*
- *Do I tell the truth?*
- *Do I set a good example by my kindness?*
- *Do I let other kids tempt me to do things I know I shouldn't do?*