

EXAMINATION OF CONSCIENCE

Parents - Encourage your child to sit quietly and still as you walk them through this examination of conscience. If you have soothing music you would like to play, please do so. Try to speak slowly and pausing often, giving your child time to think about their actions or lack of actions.

PARENT: Let's begin our examination of conscience in the name of the Father, Son, Holy Spirit, Amen.

Lord, you search our hearts and know us through and through, help us to recognize the areas in which we have sinned.

I SAY I BELIEVE IN GOD BUT...

Could others tell by the way I act that I believe in God?

Do I pray and talk to God regularly?

Do I attend Mass regularly?

I SAY I LOVE MY FAMILY BUT ...

Do I show those at home I appreciate them?

Do I do my part to make my home a happy place?

Am I considerate of the feelings of my parents, brothers, sisters and others in my family?

Do I do my share of work/chores at home?

Do I try to understand my parent's point of view?

Do my actions at home make the other people in my house happy I am part of the family?

I SAY I VALUE MYSELF BUT...

Do I do things that make others distrust me?

Do I steal?

Do I cheat?

Do I use inappropriate language?

Do I lie?

Do I take care of my body?

Am I honest with myself?

Do I ask for help when I need it?

I SAY I VALUE MY FRIENDS BUT...

Am I honest with my friends?

Do I lie or act like a phony?

Do I talk about them behind their backs?

Do I try to get them to do things that I know are wrong?

PARENT: _____ (insert child's name) take a deep breath and sit very still and think if there are other areas in your life where your thoughts, word, actions or inactions do not reflect what you value?

(After 3-5 minutes) conclude the examination of conscience by praying the sign of the cross.