

## Examination of Conscience for Children

**You examine your conscience to help you live as a child of God. You ask yourself if you are living as Jesus wants you to live. You ask for help of the Holy Spirit to be more like Jesus. Ask yourself how you act toward:**

### **God**

Do I talk to God every day?

Do I say God's name only in a prayerful way?

Have I missed Mass on Sunday through my own fault?

Am I trying to trust God like Jesus did?

### **Myself**

Do I do things that will help me grow as God wants?

Do I take care of what I have?

Do I care for the things of the Earth

Do I thank God for the gifts and talents God has given me?

### **My family, My Friends, and Other People**

Do I do my chores well, or do I have to be asked?

Do I try to do my best at school?

Do I obey my parents and show them respect?

When someone who is taking care of me asks me to do something good, do I obey?

Am I generous? Do I share what I have with others, especially those in need?

When I am angry, do I talk about it, or do I say or do things to hurt whoever hurt me?

Do I say, "I'm sorry" to the person I have hurt and "I forgive you" to the person who has hurt me?

Do I play fair, or do I ever cheat at school, work, or games?

Have I taken something that doesn't belong to me?

Do I tell the whole truth? Or do I let people believe something that isn't true?

Am I jealous of what other people have?