



## ***An Examination of Conscience***

It is good to ask ourselves questions about the choices we make each day. This helps us to be more caring and loving people. It is something that Catholic Christians do carefully before they celebrate the Sacrament of Reconciliation.

Here are some questions you might ask yourself as you get ready to receive the Sacrament of Reconciliation. Use them to help you think about your everyday words and actions.

### **Caring for God:**

*Do I listen and talk to God?*

*Do I thank God for making me special?*

*Do I thank God for all God's gifts?*

*Do I tell God I am sorry when I am selfish and don't share God's gifts with others?*

### **Caring for others:**

*Do I tell the truth?*

*Am I kind to others?*

*Do I help others?*

*Do I listen to others?*

*Do I forgive people who hurt me?*

*Do I obey my parents and others who care for me?*

*Do I thank people for what they do for me?*



### **Caring for myself:**

*Do I take care of my health?*

*Do I try to learn new things from my family, my teachers, my friends, and my neighbors?*



### **Caring for things:**

*Do I take care of what I have?*

*Do I share my things?*

*Do I respect what belongs to others?*

*Do I treat animals and the earth with care?*