

# Children's Examination of Conscience

*When you begin an Examination of Conscience, first invite the Holy Spirit to guide you. Ask Our Blessed Mother Mary to pray for you to prepare well for Confession. It can be very helpful to write down your sins and bring them with you to your Confession—that way you won't forget anything! Destroy that paper after your Confession—your sins are gone from your soul!*



## How have I loved God?

Do I love and trust God and put Him first in my life?

Do I pray each day?

Do I work on my relationship with God by attending Mass, reading my Bible, and learning about Him?

Do I practice reverence and honor God in my actions and my words?

Do I focus most on things that are not God (popularity, power, stuff, pleasure, comfort)?

## How have I loved others?

Do I show love, respect and obedience to my parents and others who have rightful authority over me?

Do I speak in ways that are unkind and hurtful?

Do I tell lies or hold grudges?

Do I act out in anger or jealousy with my words or actions?

Do I avoid words and actions that are impure and inappropriate?

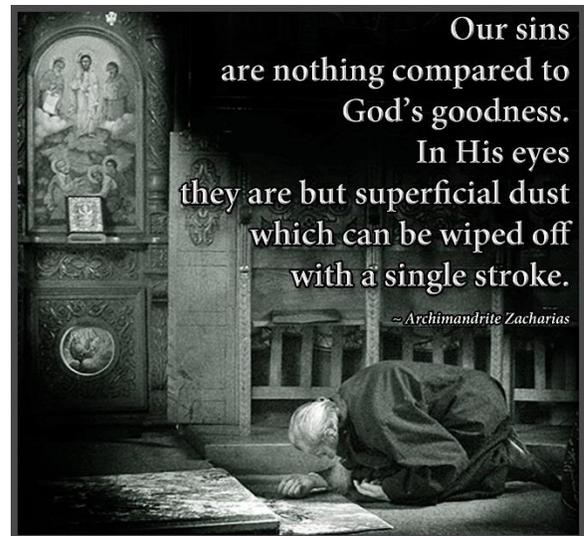
Do I take things that aren't mine or cheat?

Am I jealous of others or what they have?

Am I willing to share and help others?

Do I seek ways to bring Jesus to others and share the Good News?

Do I practice patience, kindness, gentleness and mercy toward others?



Do I hold onto judgements, prejudice or bad thoughts about other people?

Do I encourage others to do wrong things by my laughter, support or words?



### How have I loved myself?

Do I treat myself as a Temple of the Holy Spirit?

Do I work to develop virtues (Godly habits) and fight against vices (bad habits)?

Do I avoid laziness, procrastination and discouragement when I am faced with a failure or a challenge?

Do I cultivate a grateful heart and seek God's blessings in my life?

Do I work to grow the virtues of faith, hope and love in my soul?

Do I trust in God's love?

## Steps to Examine your Conscience

