

An Examination of Conscience for Children

Dear Holy Spirit, with these questions as a guide and with the help of Your grace, please help me to know my sins, to be truly sorry for them, and to change my life. Make me holy so that I can be the saint that I know God is calling me to be. With my whole heart, I trust in the Lord's merciful and unfailing Love for me, for I am His beloved child. Amen.

Loving God:

Do I love God above all things? Do I think there is something more powerful than God, like magic, or "good luck" objects, or astrology, or fallen angels? Do I play games, read books, ask for toys, or watch shows that make me think so? Do I put my trust in these things to help me?

Is my favorite person on TV or my favorite athlete or sports team more important to me than God? Do I give them too much of my time or attention?

Do I use the Name of God and the names of the saints with love and reverence?

Do I pray every day?

Do I fool around in church and make it hard for others to pray?

Do I make it hard for my family to get to Mass on time?

Do I tell my parents that we shouldn't go to Mass?

Am I glad if I am not able to go to Mass?

I ask myself: How can I love God more? What changes do I need to make?

Jesus, I need Your help to love God more. Jesus, I trust in You!

Loving others:

Do I say mean things to my Mom or Dad?

Do I nag my parents into buying things for me just because I want them?

Do I do what my Mom and Dad ask me to do? My teacher? My coach?

Do I say, "Thank you" to people?

Do I start fights with my brothers and sisters?

Do I hit people when I get mad? Do I use bad words?

Do I hurt others by calling them bad or unkind names?

Do I get other people into trouble?

Have I told or encouraged another person to commit a sin?

Do I take care of my body? Do I avoid medicine or refuse to eat good food I am given?

Do I respect the gift of my body and the bodies of others?

Have I looked at bad pictures or watched bad shows on purpose?

Do I refuse to play with others for no good reason?

Do I help others when they need help and I am able to help them?

Am I lazy about my schoolwork?

Am I lazy around the house?

Do I do my chores?

Do I waste time? Do I choose to do things I enjoy more when I should be doing something else? (*e.g.*, playing video games rather than finishing homework.)

Am I willing to ask Jesus to help me forgive people? Do I hold grudges?

Do I blame other people for things I do?

Do I make up stories about other people to hurt them?

Do I cheat or am I unfair in games?

Do I cheat on my schoolwork?

Do I fail to do my homework? Do I copy other people's homework?

Do I lie to my parents? My teachers? My friends? How many times?

Do I take things that don't belong to me?

Do I get sad about good things that someone else has or has accomplished?

I ask myself: How can I love others more? What changes do I need to make?

Jesus, I need Your help to love others more. Jesus, I trust in You!