

An Examination of Conscience for Children

Examination of Conscience: In order to confess their sins children should be taught to how to carefully examine their lives to see what they might have done that they should not have done as well as what they did not do that they should have done. The following questions are meant to assist a child in examining their conscience.

- Do I pray each day?
- Do I go to Mass each weekend and Holy Day?
- Do I misuse the name of God? Do I use his name in anger? Do I swear using his name?
- Am I thankful to God for what he has blessed me with?
- Do I fail to recognize the gifts and talents God has given me?
- Am I grateful for what others do for me? Do I say thank you?
- Do I respect my parents, grandparents, teachers and other adults?
- Do I say I am sorry when I hurt someone or do something wrong?
- Am I fair with my friends? Have I hurt anyone by hitting them or by my words?
- Do I share what I have?
- How well do I treat my brother(s) and sister(s)?
- Do I give good example to those younger than me?
- Do I spread lies, rumors, or gossip about others?
- Do I mistreat, bully, harass, make fun of other students?
- Have I lied?
- Have I cheated or otherwise been dishonest in my schoolwork?
- Have I stolen anything? Did I return it?
- Am I selfish or greedy?
- Am I lazy in doing my chores?
- Do I hold onto grudges and do not forgive others?
- Do I neglect others by spending too much time on the computer or playing games?
- Do I watch or look at things I should not on TV or the internet?
- Am I envious of what others have?
- Do I use bad language or curse?

Act of Contrition

O my God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to good, I have sinned against You, whom I should love above all things. I firmly intend, with the help of Your grace, to sin no more and to avoid whatever leads me to sin. Our Savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy.