

Guide for Examination of Conscience for Children

Responsibilities to God:

Have I prayed every day?

Have I prayed my morning prayers and night prayers?

Have I prayed for my parents and family?

Have I been moody and rebellious about praying and going to church
on Sunday?

Have I asked the Holy Spirit to help me whenever I have been tempted to sin?

Have I asked the Holy Spirit to help me do what is right?

Responsibilities to others:

Have I been respectful to my parents?

Have I lied?

Have I been stubborn or rebellious?

Have I talked back to parents, teachers or other adults?

Have I pouted and been moody?

Have I been selfish toward my parents, brothers, and sisters,
teachers, or my friends and schoolmates?

Have I gotten angry at them? Have I hit anyone?

Have I held grudges or not forgiven others?

Have I treated others with respect or have I made fun of them and
called them names?

Have I used bad language?

Have I stolen anything? Have I returned it?

Have I performed my responsibilities, such as homework
and household chores?

Have I been helpful and affectionate toward my family?

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.