



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 with my parents and family?

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

Have I paid attention during Mass?

Have I been disrespectful during Mass?

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

Responsibilities to others:

Have I been obedient and respectful to my parents?

Have I lied or been deceitful to them or to others?

Have I been mean to them or to others?

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

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

Have I forgiven people? Or am I holding a grudge?

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

Have I done my homework and household chores on time?

Have I stolen anything? Have I returned it?

Have I been taking good care of my body?

Have I used bad language?

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Amen.