

For Adults:

Our Father, who art in heaven, hallowed be thy name ...

- Do I set aside some time for daily prayer?
- Do I take time to join the parish for Sunday Mass?
- Do I use the name of God / Jesus with honor and respect?

Thy Kingdom come ...

- Do I share my God-given gifts, talents, resources?
- Am I preoccupied or self-absorbed?
- Do I witness my Catholic faith to my family / spouse?

Thy will be done on earth as it is in heaven ...

- Am I respectful of the earth, God's creation?
- Do I accept others as my brothers and sisters?
- Am I engrossed in seeking material possessions?

Give us this day our daily bread ...

- Do I feed my spouse and family with the nourishment of love?
- Am I concerned about the hunger of others – in far off lands and close to home? Am I greedy?

Forgive us our sins as we forgive those who sin against us

- Have I forgiven those who offended or harmed me?
- Whom did I harm, and what actions have I taken to make amends? What steps remain?
- Do I harbor feelings of revenge or resentment?

Lead us not into temptation ...

- Do I avoid the near occasions of sin — anything or anyone that would lead me to sin?
- Have I been a source of sin for another?
- Have I mis-used alcohol, drugs, my body?

Deliver us from evil ...

- Do I try to conquer evil with goodness or do I ignore it hope it just goes away?
- Do I give in to what the world says is right and wrong even though I know it is not of God?

An Examination of Conscience for Children, Teens and Adults



*Based on
the Lord's Prayer*

For Children:

Our Father, who art in heaven, hallowed be thy name ...

- Do I remember to pray to God every day?
- Do I always use the name of “God” and “Jesus” in a holy way?

Thy kingdom come, Thy will be done on earth as it is in heaven ...

- Am I kind to others?
- Am I helpful to others – especially my parents, brothers and sisters?
- Do I try my best to learn from my parents and also at school?

Give us this day our daily bread ...

- Do I remember to say “thank-you”?
- Do I waste food?

Forgive us our sins as we forgive those who sin against us ...

- Do I say “I’m sorry” when I am wrong?
- Am I looking to get even with anyone who may have hurt me?

Lead us not into temptation, but deliver us from evil...

- Do I play fairly in sports and games?
- Do I tell the truth?
- Do I let other kids tempt me to do things I know I should not do?

For Teens:

Our Father, who art in heaven, hallowed be thy name ...

- Do I use the name of “God” and “Jesus” with honor and respect? Do I use language that I would never speak in front of my grandmother?
- Do I skip Mass because it is boring or not entertaining enough for me? Or I because I stayed up too late?
- Do I try to deepen the gift of faith through prayer, religion classes, youth group?

Thy kingdom come, Thy will be done on earth as it is in heaven ...

- Do I offer to help around the house or do I see myself as a guest? Do I tell my parents that I love them?
- Have I been dishonest? Cheated at school? Shoplift? Stolen? Used others for selfish pleasure?
- Do I gossip or pass rumors to hurt another’s reputation?

Give us today our daily bread ...

- Am I appreciative of my parents’ love and advice?
- Do I care about those who go hungry or have no home?
- Do I help them through school or church programs and activities?
- Am I sometimes greedy? Needing the most expensive or popular things so that I “fit in?”

Forgive us our sins as we forgive those who sin against us...

- Have I put others down in order to feel better about myself?
- Do I harbor a grudge against anyone? Have I tried to “get even” with anyone?

Lead us not into temptation, but deliver us from evil ...

- Do I allow others to lead me to sin?
- Do I honor the gift of my sexuality? Am I chaste?
- Do I think about the consequences of major decisions and actions?