

## **Children's Examination of Conscience**

*Dear Jesus!*

*I come to confess my sins and to ask your forgiveness in the holy Sacrament of Reconciliation.*

*Help me to remember my sins and to confess them carefully.*

*O Mary, my heavenly mother, pray for me that I may make a good confession!*

*My dear Guardian Angel, help me to recall every sin since my last worthy confession.*

### **Love of God:**

- Do I love God with all of my heart and soul?
- Do I pray to Him every day?
- Do I pray with my parents and family?
- Am I moody and rebellious about praying and going to church on Sunday?
- Do I ask the Holy Spirit to help me whenever I have been tempted to sin?
- Do I ask the Holy Spirit to help me do what is right?

### **Love of Others:**

- Am I obedient and respectful to my parents?
- Have I lied or been deceitful to them or to others?
- Have I been arrogant, stubborn or rebellious?
- Do I talk 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?
- Have I physically hurt anyone, held grudges or not forgiven others?
- Do I treat other children with respect or do I make fun of them and call them names?
- Do I use bad language?
- Have I stolen anything? If so, have I returned it?
- Have I performed my responsibilities: my homework? My household chores? Cleaning up my room and my toys when asked?
- Am I helpful and affectionate toward my family?
- Have I been kind and generous with my friends?

### **Love of Self:**

- Do I take good care of myself by eating good food, getting enough sleep, and getting exercise?
- Do I keep my body clean and dress appropriately?
- Do I make good choices in the T.V. shows or movies I watch?
- Have I allowed others to talk me into doing what I know isn't right?
- Do I make good decisions when choosing between what is right and what is wrong?