



An Examination of Conscience for Children

Mark or Circle things you need to confess, Add anything else at the bottom of this page.

Throw this away when you are done. This is no one's business except you, God and the Priest who hears your confession.

Responsibilities to God:

- Have I prayed when I should??
- Have I prayed with my parents and family?
- Have I been moody and rebellious about praying and going to church on Sunday?

Responsibilities to others:

- Have I been disobedient and disrespectful to my parents?
- Have I lied or been deceitful to them or to others?
- Have I been arrogant, 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 other children with respect or have I made fun of them and called them names?
- Have I used bad language?
- Have I stolen anything? If yes, have I returned it?
- Have I performed my responsibilities, such as homework and household chores?
- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?

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.

An Examination of Conscience for Older Kids, Teens, and Parents

Mark or Circle things you need to confess. Add anything else at the bottom of this page.

Throw this away when you are done. This is no one's business except you, God and the Priest who hears your confession.

This brief examination of conscience, loosely based on the Ten Commandments, may be used in preparation for receiving the sacrament of Penance and Reconciliation, or as a kind of daily examen. Your family may wish to review it together silently, or with the guidance of a reader.

- Have I made anything more important than God: myself, others, money, things I own, things I want, ideas, activities, or goals?
- Have I set aside time to pray to God every day?
- Have I acted pridefully, as if I know everything, am better than others, or don't need God or others?
- Have I used God's name in a bad way? Have my words hurt God, his Church, or the good he wants for all people?
- Have my words and actions given glory to God's name? Have I shared my faith with those who do not know God?
- Have I gone to Mass when I should? Have I listened to the Word of God and the homily? Have I received the Eucharist reverently? Have I spent my Sundays in rest, service, and family time?
- Have I given love and respect to my father and mother? Have I obeyed them? Have I tried to help them without being asked? Have I whined, complained, nagged, or otherwise been difficult toward them? Have I been loving and respectful to my brothers and sisters?
- Parents: Have I shown love and respect to my children? Have I been patient and kind? Have I disciplined my children with love, and in ways that help them become the people God wants them to be?
- Have my words and actions strengthened my community, or harmed it?
- Have I hurt others, with my hands or my words? Have I given support or encouragement to those who hurt others? Have I excluded others, or treated others with less than the respect they deserve as children of God? Have I held onto anger or hatred toward others? Have I refused to forgive others?
- Have I respected my body? Have I given my body what it needs to be healthy? Have I viewed pornography, engaged in sexual acts outside of marriage, or otherwise offended human dignity for my own pleasure?
- Have I taken what does not belong to me? Have I wasted time or resources? Have I used my talents and resources to help those in need? Have I let others borrow my possessions for good reason? Have I done my work well? Have I contributed to the good of others through my work? Have I done my chores and schoolwork as best I can, with a good attitude?
- Have I always told the truth to myself, God, and others? Have I gossiped, or shared information I shouldn't have?

- Have I been grateful for what I have, or greedy to have what others have? Have I been generous with my time and possessions? Have I given away what I do not need?

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.**