



# Children's Examination of Conscience

## Responsibilities to God

- Do I try to pray, even when I find it hard to do so?
- Do I always show respect to God, my family and friends by the words I use?
- Have I gone to Mass every Sunday or asked an adult to take me to Mass?
- Do I have a good attitude about attending Mass?
- Have I been good in church?

## Responsibilities to others

- Have I ever been disobedient or disrespectful to my parents?
- Have I talked back to parents, teachers or others?
- Have I been selfish toward my parents, siblings, teachers or friends?
- Have I lied or been deceitful to my parents or to others?
- Have I been arrogant, stubborn or rebellious?
- Have I pouted and been moody?
- Have I gotten angry and lost my temper?
- Have I held grudges or not forgiven others?
- Have I hit or shoved anyone?
- Have I made fun of others and called them names?
- Have I said mean things about another person behind their back?
- Have I used bad language?
- Have I stolen anything? Have I returned it?
- Have I skipped my household chores when I was supposed to do them?
- Have I skipped my homework when I was supposed to do it?
- Have I ever copied another person's answers on a test or assignment?
- Have I destroyed or damaged someone's property?
- Have I ever been jealous about what other people have?
- Have I ever been jealous about what other people get to do?

# Examination of Conscience

## To begin the Examination of Conscience

- How long has it been since my last good confession?
- Did I hide any sin from the priest?
- Did I do the penance the priest gave me?

## 1st Commandment

- Have I refused to believe anything which the Holy Catholic Church teaches? What was it?
- Have I failed to learn my catechism: the Apostles Creed? The Ten Commandments? The seven sacraments? My prayers?

## 2nd Commandment

- Have I taken the holy name of God in vain? How many times?
- Have I spoken disrespectfully to the priest? Or holy things? How many times?
- Have I used other bad language? How many times?

## 3rd Commandment

- Have I missed Mass on Sunday through my own fault? How many times?
- Have I misbehaved in church?
- Have I paid no attention to my prayers?

## 4th Commandment

- Have I been disobedient or disrespectful to my parents or teachers? How many times?
- Have I tried to provoke them? How many times?

## 5th Commandment

- Have I had any fights or quarrels? How many times?
- Have I made fun of anybody or called them names? How many times?
- Have I picked on anyone or tried to provoke them? How many times?

## 6th Commandment

- Have I done anything dirty or impure? How many times?

## 7th Commandment

- Have I stolen anything?
- Have I harmed anyone's property?
- Have I cheated anyone?
- Have I helped others to commit sin in any way?

## 8th Commandment

- Have I lied about anyone? How many times?
- Have I told other lies? To whom? How many times?
- Have I talked behind other people's back? How many times?
- Have I kept bad company? How many times?

## 9th Commandment

- Have I purposely thought of dirty or impure things? How many times?

## 10th Commandment

- Have I desired to have for myself what belongs to another?