

My Examination of Conscience

- ☐ I was disrespectful to God
 - ☐ I didn't listen to my parents (or teacher, or someone else in charge)
 - ☐ I didn't follow my parents' or school's rules
 - ☐ I used mean words
 - ☐ I did not tell the truth
 - ☐ I took what was not mine
 - ☐ I purposely hurt someone
 - ☐ I looked at books, movies, or TV that was not good for me
 - ☐ I was rude
 - ☐ I teased or bullied someone
 - ☐ I did not clean up my mess
 - ☐ I was selfish or did not share
 - ☐ I ignored someone in need of help
 - ☐ I did not respect my body by eating well, getting good sleep, etc.
 - ☐ I fought with my brother or sister
 - ☐ I complained, whined, or begged
 - ☐ I had mean thoughts about someone
 - ☐ I would not forgive someone who was sorry
 - ☐ I did not apologize when I did something wrong
 - ☐ I did not do my homework or chores
 - ☐ I was wasteful
 - ☐ I did not pray every day
 - ☐ I was not prayerful in church
- Write other things you want to bring to Jesus on the back, and do a virtue checkup.

Prayer for a Good Confession

*Come, Holy Spirit, into my soul.
Show me my sins,
both the wrong that I did
and the good I failed to do.
Give me the grace
to be sorry for my sins
out of love for God,
so that through Confession
my soul might be healed
and strengthened to do good.
Amen!*

Act of Contrition #1

**Oh my God, I am sorry
that I have sinned against you.
Because you are so good,
and with your help,
I will try not to sin again.
Amen.**

Act of Contrition #2

**Lord, have mercy on me
Do not look upon my sins,
but take away all my guilt.
Create in me a clean heart,
and renew within me
an upright spirit.
Amen.**

Act of Contrition #3

**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,
I firmly intend, with your
help, to do penance, to
sin no more, and to avoid
whatever leads me to sin.
Our savior, Jesus Christ,
suffered and died for us.
In his name, my God,
have mercy.
Amen.**

Examination of Conscience

Jesus gave us the great Commandment, "First you must love God with all your heart. Second, you must love your neighbor as yourself." Let us now look into our own hearts.

Do I try to love God with my whole heart?

Do I talk to God everyday?

Do I make Sunday a Holy day?

Do I pray and thank God for the things He gives me?

Do I tell the truth?

Am I satisfied with what I get and have, or do I want more and more?

Do I help when people ask me?

Do I use God's name for praying, and not for fun and in anger?

Do I listen to my parents and teachers, or do I cause trouble at home and school?

Do I act lovingly to all of my family?

Do I make up with others when we fight?

Do I show respect for my family, teachers, friends and classmates?

Do I take, break or hide things that belong to others?

Do I share with others, or am I greedy and selfish?

Do I tease, act mean, call people names, or use hurtful hand gestures?

If I realize that I have failed in some of these ways, think of the one thing that keeps coming up over and over, and discuss this with Father.

Remember, however, no matter how many times you fail, God always accepts your heartfelt sorrow and forgives you. The important thing is to be aware of your failing and try hard to change. With God's help you can do it!

An 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 asked the Holy Spirit to help me whenever I have been tempted to sin?

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 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? 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?

(Composed by Fr. Thomas Weinandy)

