

Examination of Conscience for Children

Overview of Reconciliation

1. We ask the Holy Spirit to help us remember our sins.
2. We are truly sorry for our sins.
3. We firmly decide not to commit these sins again.
4. We confess our sins to a Catholic priest.
5. We do the penance the priest tells us to do.

Prayer before Examination of Conscience

O Holy Spirit, source of all light,
Spirit of wisdom, understanding, and of knowledge,
help me to make a good confession.

Help me to remember the wrong things I have done and the good things I did not do.
I want to be sorry for all my sins and to know your love for me.
Give me the courage to be honest and not to try to hide from you.
I trust that you always offer me your forgiveness and your friendship.
In Jesus' name, Amen.

Questions for Examination of Conscience

Responsibilities to God:

Have I prayed every day?

Have I used the names of God or Jesus in a disrespectful way?

Have I been moody and rebellious about praying and going to church on Sunday?

Have I intentionally not paid attention during Mass or while someone was leading a prayer?

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?

Have I remembered to thank God for the good things in my life?

Responsibilities to others:

Have I been disobedient or disrespectful to my parents, teachers, or 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?

Have I been so angry I wanted to hurt or yell at someone?

Have I held grudges or not forgiven others?

Have I hit or tried to hurt anyone?
Have I made fun of other people or called them names?
Have I lied to anyone or hidden the truth from my parents, teachers, or others?
Have I cheated on my schoolwork?
Have I used bad language?
Have I tried to spy on others or find out other peoples' secrets?
Have I not respected the private parts of my body or those of other people?
Have I stolen anything? If so, have I returned it?
Have I intentionally damaged, broken, or wasted things?
Have I been jealous of other people or of the things they have?
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?

Responsibilities to self:

Have I respected my body as a temple of the Holy Spirit, a place where God is happy to be?
Have I tried to see myself the way God sees me?
Have I intentionally hurt myself or done things that I know are not good for me?
Have I put myself down or made fun of myself?
Do I believe that God loves me and wants to be my friend?