

Examination of Conscience for Children

Before beginning, pray:

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.

Responsibilities to God

Ask yourself, "Have I...."

- prayed every day?
- used the names of God or Jesus disrespectfully?
- been moody and rebellious about praying and going to church on Sunday?
- intentionally not paid attention during Mass or while someone was leading a prayer?
- asked the Holy Spirit to help me whenever I have been tempted to sin?
- asked the Holy Spirit to help me do what is right?
- remembered to thank God for the good things in my life?

Responsibilities to Self:

Ask yourself, "Have I...."

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



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Responsibilities to Others:

Ask yourself, "Have I...."

- been disobedient or disrespectful to my parents, teachers, or others?
- been arrogant, stubborn, or rebellious?
- talked back to parents, teachers, or other adults?
- pouted and been moody?
- been selfish?
- been so angry I wanted to hurt or yell at someone?
- I held grudges or not forgiven others?
- hit or tried to hurt anyone?
- made fun of other people or called them names?
- lied to anyone or hidden the truth from my parents, teachers, or others?
- cheated on my schoolwork?
- used bad language?
- tried to spy on others or find out other peoples' secrets?
- not respected the private parts of my body or those of other people?
- stolen anything? If so, have I returned it?
- intentionally damaged, broken, or wasted things?
- been jealous of other people or of the things they have?
- performed my responsibilities, such as homework and household chores?
- been helpful and affectionate toward my family?
- been kind and generous with my friends?

Visit stpatlou.org for our Mass & Reconciliation times.



Saint Patrick
CATHOLIC CHURCH

EXAMINATION OF CONSCIENCE

Adapted from Loyola Press Learning Tools

Do I love God first?



Do I love my family?



Do I love my neighbor?



Do I love myself?



Do I listen to my parents?



Do I listen to my teacher?



Am I respectful at Church?



Do I share?



Do I help people?



Do I take care of my things?



Do I say nice things?



Do I tell the truth?



Do I pray often?



Am I like Jesus?



Do I forgive others?



Do I say I am sorry?
Do I want to do better?



Encounter God through the Sacrament of Reconciliation. Remember that God longs to forgive you. He knows you are much more than the worst thing you have ever done.

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