

## An Examination of Conscience for Children

**Directions:** Go to a quiet place before bed, say some prayers, do this Examination of Conscience, and then make an Act of Contrition.

### Responsibilities to God

- Have I prayed every day?
- Have I prayed my morning prayers and night prayers?
- Have I prayed with my 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 parent(s)
- Have I lied or been deceitful to them or to others?
- Have I been arrogant, stubborn, or rebellious?
- Have I talked back to parent(s), teachers, or other adults?
- Have I pouted and been moody?
- Have I been selfish toward my parent(s), my brothers and sisters, my 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?

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### Act of Contrition

*O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasion of sin. Amen.*