

EXAMINATION OF CONSCIENCE

Responsibilities to God

- ___ Have I made God the most important thing in my life?
- ___ Have I remembered to pray every day?
- ___ Have I prayed my morning and night prayers?
- ___ Have I prayed with my parents and family?
- ___ Have I only used God's name in a proper and respectful way?
- ___ Have I used bad language or said naughty words?
- ___ Have I gone to Mass on every Sunday or asked an adult to take me to Mass?
- ___ Have I been moody and rebellious about praying and going to church on Sunday?
- ___ Do I listen and pray in church, or have I misbehaved in church?
- ___ Have I asked the Holy Spirit to help me whenever I have been tempted to sin or make wrong choices?

Responsibilities to others and self

- ___ Have I been obedient and respectful to my parents?
- ___ Have I talked back to parents, teachers or other adults?
- ___ Have I been selfish toward my parents, brothers and sisters, teachers or my friends?
- ___ Have I lied or been deceitful to them or to others?
- ___ Have I been arrogant, stubborn or rebellious?
- ___ Have I pouted and been moody?
- ___ Do I humbly accept correction from my parents?
- ___ Do I remember to pray for my parents?
- ___ Do I remember to ask permission to do things that are not part of my ordinary life?
- ___ Am I kind to the people and animals God made?
- ___ Have I hit or hurt anyone?
- ___ Have I sent or shown any inappropriate things to others using an electronic device?
- ___ Have I made copies of or downloaded any copyrighted materials, like songs or movies, without paying for them?

- ___ Have I held grudges or not forgiven others?
- ___ Have I treated other children with respect, or have I, instead, made fun of them or called them names?
- ___ Have I stolen anything, or borrowed something without permission? If so, have I returned it and apologized?
- ___ Have I performed my responsibilities?
- ___ Have I done my homework?
- ___ Have I done my household chores?
- ___ Have I been honest in work or play, not cheating or doing the absolute minimum expected?
- ___ Have I tidied up my room and my toys when asked?
- ___ Have I been helpful and loving toward my family?
- ___ Have I been kind and generous with my friends?
- ___ Am I happy with the things that I have?



FORGIVE ME!

