

CHILDREN'S EXAMINATION OF CONSCIENCE

Do I pray to God every day –or have I often forgotten?

Do I attend Mass every Sunday (or Saturday evening) and pay attention –or have I tried to get out of Mass, behaved disrespectfully, or failed to participate at Mass?

Do I speak the names of God and Jesus only with reverence –or have I used these names disrespectfully or in anger?

Do I speak respectfully to my parents and obey –or do I disobey and talk back?

Do I respect my teachers and others in authority –or have I disobeyed or talked disrespectfully in class, on the bus, or in other places?

Do I treat people with kindness and love –or have I been unkind or inconsiderate?

Do I take care of my health –or have I been eating or drinking the wrong things, avoiding exercise, sleeping too little, or breaking safety rules?

Do I deal with my anger in good ways –or have I hurt others with angry actions?

Do I respect the property of others –or have I taken or damaged things that do not belong to me?

Do I help and share with family, teachers, friends, and the poor–or am I lazy, selfish, or greedy?

Am I truthful with myself and others –or have I lied or denied the truth?

Do I speak kindly about other people–or have I gossiped and made fun of others?

Do I complete my schoolwork or games honestly –or do I sometimes copy or cheat?

Do I obey my parents' rules about staying away from TV, movies, music, video games, clothing, or web sites that are not good for me –or do I sneak and disobey?

Do I try to keep the peace –or do I tease, argue, bully, or upset others on purpose?

Remember, we confess our sins because we love Jesus and all people. We feel badly when we know we have hurt Jesus or other people—and the Sacrament of Reconciliation will make us feel better because it helps us to be sure we are forgiven and we are receiving God's help to do better

This sacrament helps us grow to be more like Jesus –more loving and caring. It's important to be sorry and to really try and do better in the future.