An Examination of Conscience for Children

Responsibilities to God:

Have I prayed every day?Have I prayed my morning prayers and night prayers?Have I prayed with my parents and 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 parents? Have I lied or been deceitful to them or to 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 toward my parents, brothers, and sisters, 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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