

## **An Examination of Conscience for Children (source: USCCB)**

**Note to Parents:** Review these questions with your child to develop their understanding of the Sacrament of Reconciliation and how to make an age-appropriate Confession.

### **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 or going to Mass?

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, sisters, teachers, or others?

Have I hit anyone?

Have I held grudges or not forgiven others?

Have I treated other children with respect?

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?