Examination of Conscience

The following examination of conscience is by Fr. Thomas Weinandy.

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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Help kids to prepare for Confession with an examination of conscience

Other Examinations of Conscience for Kids and Teens

► Examinations of Conscience page at the USCCB . . . The USCCB offers many forms of the Examination of Conscience at its website, including examinations based on Catholic social teaching, the Ten Commandments, and examinations especially for children and young adults.