

# **An Examination of Conscience for Children Grades 3-6**

## **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?

## **An Examination of Conscience for Grades 7/8**

### **Responsibilities to God:**

Have I gone to Mass on Sunday or have I rebelled and been stubborn about going to Mass?  
Did I participate in the Mass or did I daydream?  
Have I prayed every day?  
Have I read the Bible?  
Have I been rebellious toward God and his commands?  
Have I misused the name of God by swearing and cursing?  
Have I told the Father that I love him for creating me and making me his son/daughter?  
Have I thanked Jesus for becoming man, dying for my sin and rising to give me eternal life?  
Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

### **Responsibilities to others and myself:**

Have I been rebellious, disobedient or disrespectful to my parents, teachers and those in authority over me?  
Have I lied to or deceived my parents or others?  
Have I been arrogant and stubborn?  
Have I talked back to my parents or those in authority?  
Have I gotten angry or nurtured and held grudges and resentments? Have I refused to forgive others? Have I cultivated hatred?  
Have I engaged in sexual fantasies? Have I looked at others lustfully?  
Have I read pornographic literature or looked at pornographic pictures, shows or movies?  
Have I masturbated?  
Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?  
Have I had an abortion or encouraged another to have one?  
Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?  
Have I lied or cheated? Have I stolen anything? Have I paid it back?  
Have I been selfish or spiteful toward others? Have I been jealous?  
Have I gotten drunk, or taken drugs?  
Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, channeling, astrology?  
Have I been patient, kind gentle and self-controlled?  
When my conscience told me to do something good, did I do it or did I ignore it?