

An Examination of Conscience for Children

These are some of the questions children may ask themselves to see if they have sinned against God or others.

- Do I love God as I should?
- Do I remember to pray every day?
- Do I thank God for all he has done for me?
- Do I always say God's name with love?
- Do I show my love for God by helping others?
- Do I keep Sunday holy by going to Mass?
- Do I listen carefully in Mass?
- Do I behave as I should in church (God's house)?
- Do I always talk nicely to my parents?
- Do I do what my parents ask me to do?
- Do I help with chores without complaining?
- Do I obey my parents?
- Do I obey rules at school and public places?
- Do I treat others with love and kindness?
- Do I ever hurt others by calling them names?
- Do I fight with others?
- Do I always tell the truth?
- Do I ever make promises that I do not keep?
- Do I ever cheat on tests or schoolwork?
- Do I take things that do not belong to me?
- Do I refuse to share my things with others?
- Do I treat the property of others with respect and care?