

An Examination of Conscience for Children ages 7 – 10

An examination of conscience is the act of looking prayerfully into our hearts to ask how we have hurt our relationships with God and other people through our thoughts, words, and actions. We reflect on the Ten Commandments, the Beatitudes, and the teachings of the Church. The questions below help us in our examination of conscience.

How am I showing or failing to show my love and respect for God?

Do I spend time with God in prayer? Do I listen reverently to God's Word at Mass?

Do I speak God's name or Jesus' name respectfully? Or have I spoken God's name or Jesus' name inappropriately when I was angry or to impress my friends?

How am I showing or failing to show my love and respect for other people and for myself?

Do I respect my parents, teachers, and others who have the responsibility to care for me? Do I cooperate with them and obey them?

Do I care for my health and follow safety rules?

Do I treat others fairly and with kindness? Or have I been mean to others?

Am I generous? Do I share what I have with others, especially people in need? Or have I been greedy?

Am I truthful? Or have I lied to get out of trouble or to get someone else into trouble?

An Examination of Conscience for Children ages 11-14

An examination of conscience is the act of looking prayerfully into our hearts to ask how we have hurt our relationships with God and other people through our thoughts, words, and actions. We reflect on the Ten Commandments, the Beatitudes, and the teachings of the Church. The questions below help us in our examination of conscience.

My Relationship With God

What steps am I taking to help me grow closer to God and to others? Do I turn to God often during the day, especially when I am tempted?

Do I participate at Mass with attention and devotion on Sundays and holy days? Do I pray often and read the Bible?

Do I use God's name and the names of Jesus, Mary, and the saints with love and reverence?

My Relationships With Family, Friends, and Neighbors

Have I set a bad example through my words or actions? Do I treat others fairly? Do I spread stories that hurt other people?

Am I loving of those in my family? Am I respectful of my neighbors, my friends, and those in authority?

Do I show respect for my body and for the bodies of others? Do I keep away from forms of entertainment that do not respect God's gift of sexuality?

Have I taken or damaged anything that did not belong to me? Have I cheated, copied homework, or lied?

Do I quarrel with others just so I can get my own way? Do I insult others to try to make them think they are less than I am? Do I hold grudges and try to hurt people who I think have hurt me?

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