

Children's Examination of Conscience

An important part of preparation for confession, whether it is first or fortieth, is an examination of conscience. It is easy though, to be distracted or forgetful while doing an examination of conscience. For this reason, recommended lists of questions or meditations are created. The basic outline always follows the Ten Commandments. These also provide a good framework for teaching your child about confession and teaching a early or simple definition of sin. The following is an examination of conscience created for children, source unknown.

Responsibilities to God.

- Have I prayed every day?
- Have I prayed my morning 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?
- 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: Have I done my homework? Done my household chores? Have I tidied up my room and my toys when asked?
- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?