

An Examination of Conscience for Children

Our Father who art in heaven, hallowed be Thy name.

- *Do I think about God every day?*
- *Do I say my prayers?*
- *Do I pay attention and participate at Mass?*

Thy kingdom come, Thy will be done on earth as it is in heaven.

- *Am I kind to others?*
- *Do I do what Jesus wants me to do?*
- *Do I share with others?*
- *Am I helpful to my family?*
- *Do I show respect to my teachers and classmates?*

Give us this day our daily bread.

- *Do I remember to say thank you?*
- *Am I sometimes greedy?*
- *Do I appreciate the good things I have in my life?*
- *Do I think of ways to help those who have no food?*
- *Do I take things that don't belong to me?*

And forgive us our trespasses as we forgive those who trespass against us.

- *Do I say I am sorry when I have been wrong?*
- *Do I forgive and forget when someone does something bad to me?*
- *Do I help solve problems between my friends or do I cause more trouble?*
- *Do I say bad things about people who have hurt me?*

And lead us not into temptation but deliver us from evil. Amen.

- *Do I play fairly in sports and games?*
- *Do I cheat in school?*
- *Do I tell the truth?*
- *Do I set a good example by my kindness?*
- *Do I let other kids tempt me to do things I know I shouldn't do?*

The Ten Commandments for Children

I am the Lord your God: you shall not have strange gods before me.
There is only one God, no one and nothing is more important.

You shall not take the name of the Lord your God in vain.
Don't say God or Jesus disrespectfully.

Remember to keep holy the Lord's Day.
Go to Church on Sundays and Holy Days. Be with your family.

Honor your father and your mother.
Respect, love, and obey your parents, elders and those in authority.

You shall not kill.
Be nice. Don't kill or hurt yourself or others.

You shall not commit adultery.
Be pure and modest.

You shall not steal.
Don't take what isn't yours.

You shall not bear false witness against your neighbor.
Always tell the truth. Do not lie.

You shall not covet your neighbor's wife.
Be a good friend to others.

You shall not covet your neighbor's goods.
Appreciate all you have.