

The Examination of Conscience (CHILDREN)

Did I talk to God every day?

God is our Father, just like we say in prayer. He loves us and invites us to talk to Him every day. Why? Because we talk to our parents every day, and that helps us feel close to them. Talking to God helps us feel close to Him, too.

Was I angry with God?

It's okay to feel angry—feelings are not sins. But if we act out of anger toward someone who didn't hurt us, that isn't kind. Imagine how you would feel if someone treated you that way.

Did I go to Mass on Sunday?

God invites us to come to Mass every Sunday to be with Him and our church family. It's a special time to thank Him, listen to His words, and receive Jesus in the Eucharist. Just like we spend time with people we love, going to Mass shows our love for God.

Did I use God's name in a way that wasn't respectful?

Did I say things like Oh Jesus, Oh God, or For God's sake in a way that wasn't prayerful? God is holy and loves us very much, so we show respect for His name. We wouldn't want our own name to be used in a careless or disrespectful way, would we?

Did I obey my parents and teachers? Was I kind to them in my words, thoughts, and actions?

Parents and teachers work hard to take care of us. When we listen to them, we help them, and we also grow in patience, wisdom, and kindness.

Did I have bad thoughts about others or treat them badly?

Did I say mean things, make fun of someone, yell, hit, kick, or talk badly about others? Everyone has weaknesses, and we all want to be treated with kindness. We should treat others with respect because they deserve it, just like we do.

Did I have bad thoughts about myself?

Did I tell myself things like It's all my fault, I'm stupid, ugly, or a bad person? Did I hurt myself in any way? God created each of us as beautiful and good. We all have struggles, but that doesn't mean we are bad or unworthy of love.

Did I take something that didn't belong to me?

We don't like it when others take what belongs to us, so we shouldn't do that to others.

Did I use bad language?

God gave us words to do good. If we use bad language, we're not using our words in a way that helps us or others. If we need to express strong feelings, we can choose a different word instead—one that doesn't hurt or offend anyone.

Was I jealous or envious? Did I compare myself to others?

God made each of us special and gave us many gifts. Sometimes, we don't see those gifts right away, but with patience, we can discover them. No matter what, we are always worthy of love. What we do isn't always perfect, but we are not defined by our mistakes.

Did I cheat?

We want to trust that others will do their best, so we should do the same.

Did I tell lies?

Sometimes we lie because we're afraid of what will happen or because we want to look better. But lying makes our hearts heavy. We wouldn't want others to lie to us, would we? If we're afraid to tell the truth, we can say, I want to be honest, but please be kind and understanding.

THE ACT OF CONTRITION

Jesus, you love me so much, I am sorry for all my sins. I know that you love me. Help me to do better. Amen