

An Examination of Conscience

Responsibilities to God

- Have I prayed every day?
- Have I been moody about praying and going to church on Sunday?
- 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 anyone?
- Have I been 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 and schoolmates?
- Have I gotten angry at them? Have I hit anyone?
- Have I held grudges or not forgiven others?
- Have I treated others 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, such as homework and household chores?
- Have I been helpful and loving toward my family?
- Have I been kind and generous with my friends?

Act of Contrition

My God,

I am sorry for my sins with all my heart.

In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.

I firmly intend, with your help,
to do penance,
to sin no more
and to avoid whatever leads me to sin.

Our saviour, Jesus Christ,
suffered and died for us.

In his name, my God, have mercy, Amen.

