

Examination of Conscience for Children Using the Lord's Prayer

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

How often do I think about God?

How often 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 and neighbors?

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, clothes, shelter or money?

Do I take things that don't belong to me?

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

Do I say I'm 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?

Lead us not into temptation, but deliver us from evil.

Do I play fairly in sports and games?

Do I cheat in school?

Do I tell the truth?

Are there any other sins I may need to confess?