

# Preparing to Visit My Lord In The Sacrament of Reconciliation.

## A Gentle Examination of Conscience For Children



### You shall not have other gods beside Me.

- Do I pray daily?
- Do I say my prayers without paying attention to them?
- Do I always come to God first in prayer?
- Do I purposefully not say my morning or evening prayers?
- Do I think that I am better than anyone else?
- Do I study my Catechism to grow closer to God?
- Do I rely on good luck charms and superstitions rather than on God?



### You shall not use God's name in vain.

- Did I use God's name without respect?
- Did I use God's name in anger?
- Do I use God's name with reverence?
- Did I use ugly or hurtful language?
- Did I say "bad" or "foul" words?
- Do I use my words to show love rather than wish ill on people?



### Remember to keep God's day holy.

- Did I miss Mass on Sundays or Holy Days on purpose?
- Did I misbehave, play or talk in church?
- Did I treat holy things without respect?
- Do I regularly come to mass late?
- Do I attend mass weekly? Do I attend mass on Holy Days?



### Honour your father and mother.

- Did I disobey my parents, teachers or those in authority?
- Did I disrespect them in thought, word, or deed?
- Do I willingly help around the house when asked to do so?
- Do I give a good example to my brothers and sisters?
- Do I get along with my brothers and sisters? Am I a bully or tattletale?



### You shall not kill.

- Did I fight with or hurt anyone with my words or deeds?
- Did I get angry and stop speaking to anyone?
- Did I call anyone names or talk about them behind their back?
- Do I try and love everyone - both the unborn and the born?
- Was I too lazy to take care of myself? (Brush your teeth well, eat well?)
- Did I eat or drink too much?
- Was I mean to animals?

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### **You shall not commit adultery.**

- Did I look at impure pictures?
- Did I watch bad TV, movies, DVD's or videos?
- Did I see bad things on the Internet?
- Do I show more of my body than is necessary in the way I dress?
- Did I dress improperly to go to church or school?
- Am I modest in what I say and the words I use?



### **You shall not steal.**

- Did I take something that wasn't mine?
- Did I break something on purpose?
- Did I pay the correct amount of money for things I bought?
- Did I borrow something without permission?
- Do I return what I borrow from others in good condition?



### **You shall not lie.**

- Did I tell the truth when asked?
- Did I tell any lies?
- Did I cheat on games, tests, work or projects?
- Did I treat holy things without respect?
- Did I make a bad confession by purposely omitting a mortal sin?
- Did I receive Holy Communion while in the state of mortal sin?



### **You shall not covet your neighbour's wife.**

- Do I allow my parents to spend time together or do I get jealous and misbehave to get attention for myself?
- Do I get mad when I have to share a sibling or friend with others?
- Am I mean to others who are different from myself?
- Do I exclude others from play or activities because they are different?



### **You shall not covet your neighbour's goods.**

- Am I envious or jealous of what other people have?
- Am I envious or jealous of what other people can do?
- Did I not take care of my things because I wanted to get new things?
- Am I thankful to God and my parents for what I have been given?
- Do I share my toys with my brothers and sisters?
- Do I share my things with those around me, especially those who are less fortunate than I am?

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