**Examination of Conscience**

Do I give time every day to God in prayer?  
Have I used the words "God" or "Jesus" in anger or irreverently?  
Have I used bad language?

Have I missed Mass on Sunday or any holiday of obligation?  
Do I arrive at church late or leave early?   
Do I try to be reverent and pay attention during Mass?

Do I respect and obey my parents?  
Am I willing to help around the house or must I be nagged a hundred times?  
Do I try to get along with my brothers and sisters?  
Do I give a good example, especially to younger siblings?  
Do I respect others?

Do I say cruel things, or make fun of others to hurt their feelings?  
Do I say mean things about others behind their backs?

Have I taken things that were not mine?  
Have I destroyed or misused another person's property for fun?  
Do I return things that I borrow? In good condition?

Am I honest?  
Do I tell lies to make myself look good?  
Do I tell lies to protect myself from punishment?  
Do I tell lies that make another person look bad or get them in trouble?

Am I jealous or envious of the things or abilities that others have?  
Am I thankful to God and my parents for what they have given me?  
Do I share the things I have with my family, friends and poor people?

***The Act of Sorrow***  
Oh my God, I thank you for loving me. I am sorry for all my sins, for not loving others and not loving you. Help me to live like Jesus and not sin again. Amen

**Examination of Conscience**

Do I give time every day to God in prayer?  
Have I used the words "God" or "Jesus" in anger or irreverently?  
Have I used bad language?

Have I missed Mass on Sunday or any holiday of obligation?  
Do I arrive at church late or leave early?   
Do I try to be reverent and pay attention during Mass?

Do I respect and obey my parents?  
Am I willing to help around the house or must I be nagged a hundred times?  
Do I try to get along with my brothers and sisters?  
Do I give a good example, especially to younger siblings?  
Do I respect others?

Do I say cruel things, or make fun of others to hurt their feelings?  
Do I say mean things about others behind their backs?

Have I taken things that were not mine?  
Have I destroyed or misused another person's property for fun?  
Do I return things that I borrow? In good condition?

Am I honest?  
Do I tell lies to make myself look good?  
Do I tell lies to protect myself from punishment?  
Do I tell lies that make another person look bad or get them in trouble?

Am I jealous or envious of the things or abilities that others have?  
Am I thankful to God and my parents for what they have given me?  
Do I share the things I have with my family, friends and poor people?

***The Act of Sorrow***  
Oh my God, I thank you for loving me. I am sorry for all my sins, for not loving others and not loving you. Help me to live like Jesus and not sin again. Amen