CATHOLIC Examination of Conscience for Children

Taking time to look at our day helps us know how we can love God and others better.

Jesus is always with you and wants to help you grow in love.

1. Love of God

- Did I pray to God every day?
- Did I thank God for the good things in my life?
- Did I go to Mass on Sunday and try my best to listen?

2. Love of Others

- Was I kind and helpful to my family?
- Did I treat my friends with respect?
- Did I share and include others?
- Did I forgive anyone who hurt me?
- Did I say kind words?

3. Love of Self

- Did I take care of my body and mind?
- Did I try my best with my schoolwork and jobs at home?
- Did I make good choices?

4. Things I Need to Improve

- What could I have done better today?
- Is there something I am sorry for?
- How can I make a better choice tomorrow?

5. I'm Sorry

Jesus, I am sorry for the times I have turned away from you.
Please forgive me and help me to love you and others more each day.
Amen.

Remember...

- God loves you so much.
- He is always ready to forgive you.
- You can always start again and grow closer to Him.

"The Lord is my shepherd; there is nothing I shall want." Psalm 23:1