

← Before Confession →

O God, I love you

I wish to love you more every day.

Help me to see how I have sinned.

Help me to be sorry for my sins.

Help me to make up my mind to be better in the future.



Examination of Conscience

For Children 10 and under:

- Do I pray daily?
- Did I use God's name without respect?
- Did I misbehave, play or talk in church?
- Did I disobey my parents or teachers?
- Did I get along with my brothers and sisters? Am I a bully or tattletale?
- Did I fight with or hurt anyone with my words or deeds?
- Did I watch bad TV, movies, DVD's or videos?
- Did I take something that wasn't mine?
- Did I tell the truth when asked?
- Do I allow my parents to spend time together or do I get jealous and misbehave to get attention for myself?
- Am I envious or jealous of what other people have?

For Tweens:

- Do I think that I am better than anyone else?
- Did I use ugly or hurtful language?
- Did I miss Mass on Sundays or Hold Days on purpose?
- Do I willingly help around the house when asked to do so?
- Did I eat or drink too much?
- Did I see bad things on the internet?
- Did I break something on purpose?
- Did I cheat on games, tests, work or projects?
- Do I exclude others from play or activities because they are different?
- Do I share my things with those around me, especially those who are less fortunate than I am?

For High School:

- Do I rely on good luck charms and superstitions rather than on God?
- Do I show more of my body than is necessary in the way I dress?
- Did I pay the correct amount of money for things I bought?
- Did I make a bad confession by purposely omitting a sin?
- Have I consented to impure thoughts and encouraged them by stares, curiosity or impure conversation?
- Do I share my things with those around me, especially those who are less fortunate than I am?

Examination of Conscience

General (use as appropriate)

- Did I pay attention at Mass?
- Have I fooled around in Church?
- Did I say my prayers every day?
- Did I say mean things to my mom or dad?
- Did I always say “thank you” to people?
- Am I hard to get along with (during school, at Grandma’s, at home)?
- Did I do what mom and dad told me to do? My teacher?
- Was I lazy around the house?
- Did I do my chores?
- Did I hurt other people’s feeling by calling them bad names?
- Have I started fights with my brothers and sisters at home?
- Have I blamed others for things I do?
- Did I get other people into trouble?
- Do I hit people when I get mad?
- Have I forgiven people? Or am I holding a grudge?
- Have I cheated or been unfair in games?
- Did I refuse to play with someone for no good reason?
- Was I lazy about my schoolwork?
- Did I fail to do my homework?
- Did I cheat on school?
- How many times did I lie to my parents? My teachers? My friends?
- Did I take anything that didn’t belong to me?
- Did I avoid medicine? Did I refuse to eat food I didn’t like?