

An Examination of Conscience

Dear Holy Spirit,
Help me answer these questions honestly.
Help me be more like Jesus.

Do I talk to God every day?
Do I say God's name only in a prayerful way?
Am I trusting God like Jesus did?

Do I do things that will help me grow as God wants?
Do I take care of what I have?
Do I thank God for who I am?
Do I do my chores well or do I have to be asked?
Do I try to do my best at school?
When someone who takes care of me asks me to do something good, do I obey?
When I am angry, do I talk about it or do I say or do things to hurt whoever hurt me?
Do I say "Please" and "Thank you"?
Do I say "I'm sorry" and "I forgive you"?
Do I play fair or do I ever cheat at schoolwork or games?
Do I tell the whole truth? Or do I let people believe something that isn't true?

Thank you, Holy Spirit. I love you.
Amen.

Catechist Note: This sheet can be used with Chapter 4, "Loving Choices." Suggest that the young people talk with their family about the importance of thinking carefully about their actions as part of celebrating Reconciliation.