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Children's Basic Examination of Conscience

Responsibilities to God

- _____ Do I try to pray, even when I found it hard to do so?
- _____ Do I always show respect to God, my family and my friends by the words I use?
- _____ Have I gone to Mass on every Sunday or asked an adult to take me to Mass?
- _____ Do I have a good attitude about attending Mass?
- _____ Have I been good in Church?
- _____ Have I asked the Holy Spirit to help me whenever I have been tempted to sin or do bad things?

Responsibilities to others and self

- _____ Have I ever been disobedient or disrespectful to my parents?
- _____ Have I talked back to parents, teachers or other adults?
- _____ Have I been selfish toward my parents, brothers and sisters, teachers or my friends?
- _____ Have I lied or been deceitful to my parents or to others?
- _____ Have I been arrogant, stubborn or rebellious?
- _____ Have I pouted and been moody?
- _____ Have I gotten angry and lost my temper?
- _____ Have I hit or shoved anyone?
- _____ Have I held grudges or not forgiven others?
- _____ Have I made fun of others and called them names?
- _____ Have I said mean things about another behind their back?
- _____ Have I stolen anything? Have I returned it?
- _____ Have I skipped my homework when I was supposed to do it?
- _____ Have I ever copied another person's answers on a test or assignment?
- _____ Have I skipped my household chores when I was asked to do them?
- _____ Have I destroyed or damaged someone's property?
- _____ Have I ever been jealous about what other people have?
- _____ Have I ever been jealous about what other people get to do?

Lastly if you're not sure if something is a sin, ask yourself, "What would Jesus do?"

If Jesus wouldn't do it, you shouldn't either. Let Jesus be your guide.