

## **An Examination of Conscience for Children based on The Lord's Prayer**

Our Father who art in heaven, hallowed by Thy name.

- *Do I think about God every day?*
- *Do I say my prayers?*
- *Do I pay attention and participate at Mass?*

Thy kingdom come, Thy will be done on earth as it is in heaven.

- *Am I kind to others?*
- *Do I do what Jesus wants me to do?*
- *Do I share with others?*
- *Am I helpful to my family?*
- *Do I show respect to my teachers and classmates?*

Give us this day our daily bread

- *Do I remember to say thank you?*
- *Am I sometimes greedy?*
- *Do I appreciate the good things I have in my life?*
- *Do I think of ways to help those who have no food?*
- *Do I take things that don't belong to me?*

Forgive us our trespasses as we forgive those who trespass against us.

- *Do I say I'm sorry when I have been wrong?*
- *Do I forgive and forget when someone does something bad to me?*
- *Do I help solve problems between my friends or do I cause more trouble?*
- *Do I say bad things about people who have hurt me?*

Lead us not into temptation, but deliver us from evil

- *Do I play fairly in sports and games?*
- *Do I cheat in school?*
- *Do I tell the truth?*
- *Do I set a good example by my kindness?*
- *Do I let other kids tempt me to do things I know I shouldn't do?*