

## Examination of Conscience

**\*We must put God first in our lives.**

When I make choices, do I sometimes forget to think first about what God wants me to do? Do I always do what God wants? Am I selfish?

**\*We must only use God's name with love and respect.**

Have I ever used God's name in a bad way? Do I ever use bad language?

**\*We must keep Sunday as God's special day of prayer.**

Do I ever miss Mass on purpose?

**\*We must listen to and obey those who care for us.**

Have I disobeyed the grownups who care for me, my parents and grandparents or have I shown disrespect for other people in authority like my priests and teachers?

**\*We must care for our world and all living things as God's gifts.**

Have I ever been wasteful? Do I take care of God's gifts?

**\*We must care for ourselves and respect others.**

Do I show respect for myself and others? Do I help people who need me?

**\*We must never steal and must be fair to everyone.**

Have I ever taken anything that does not belong to me? Have I treated others unfairly on the playground, on the bus or at home?

**\*We must always be truthful in what we say and do.**

Have I ever lied?

**\*We must be faithful to those we love.**

Have I hurt someone by what I have said or done?

**\*We must take care of our brothers and sisters.**

Have I been mean to my brothers and sisters? Do I help to make my home a happy, peaceful place to live?

### ACT OF CONTRITION

**Oh my God, I am heartily sorry for having offended thee, and I detest all my sins, because of thy just punishments, but most of all because they offended thee, my God, who art all-good and deserving of all my love. I firmly resolve, with the help of thy Grace, to sin no more and to avoid the near occasions of sin. AMEN.**