An Examination of Conscience for Children

Responsibilities to God:

Have I prayed every day?

Have I prayed my morning prayers and night prayers?  
Have I prayed with my parents and family?  
Have I been moody and rebellious about praying and going to church on Sunday?  
Have I asked the Holy Spirit to help me whenever I have been tempted to sin?  
Have I asked the Holy Spirit to help me do what is right?

Responsibilities to others:

Have I been obedient and respectful to my parents?  
Have I lied or been deceitful to them or to others?  
Have I been arrogant, stubborn or rebellious?  
Have I talked back to parents, teachers or other adults?  
Have I pouted and been moody?  
Have I been selfish toward my parents, brothers, and sisters,  
teachers, or my friends and schoolmates?  
Have I gotten angry at them? Have I hit anyone?  
Have I held grudges or not forgiven others?  
Have I treated other children with respect or have I made fun of them and called them names?  
Have I used bad language?  
Have I stolen anything? Have I returned it?  
Have I performed my responsibilities, such as homework and household chores?  
Have I been helpful and affectionate toward my family?  
Have I been kind and generous with my friends?

The United States Conference of Catholic Bishops’ (USCCB’s) mission is to [Refugees](https://www.usccb.org/committees/migration/migrants-refugees-and-travelers)