

EXAMINATION OF CONSCIENCE

Every night before going to sleep, think about the day and what you did or did not do and ask yourself:

Did I think of God and speak to Him by praying to Him today?

Did I speak of God with reverence today?

Did I pay attention to my parents when they talked to me about God?

Did I obey my parents quickly and cheerfully, or did I have to be reminded many times?

Did I help my brothers and sisters when they need my help?

Did I hit, kick, or in any way hurt others on purpose?

Was I willing to play with everyone?

Did I make fun or say mean things to anyone?

Did I do all my chores at home well?

Did I take care of my health by eating the right food?

Did I think or say bad words?

Did I tell a lie today?

Did I say things about other people that are not true?

Did I cheat while playing a game?

Did I steal or keep things that are not mine?

Was I willing to share my things with others?

Did I return things that I have borrowed?

IF IT WAS SUNDAY or a HOLY DAY OF OBLIGATION

Did I go to Mass today?

Did I pay attention at Mass, or did I distract myself and others by laughing, talking, or playing?

Did I do all I could to make Sunday a day of rest and joy for my family?

IF IT WAS A SCHOOL DAY

Did I pay attention to my teachers when they talked to me about God?

Did I obey my teachers quickly and cheerfully, or did I have to be reminded many times?

Did I help my classmates when they need my help?

Did I cheat in class or on a test? Did I do all my classwork and homework?