Did I tell mean or inappropriate jokes?
Did I hurt someone by my teasing or pranks?
Did I dress, speak, or behave inappropriately?
Did I act selfish or phony in my relationships?
Did I push or nag someone to get want I wanted?
Did I act unkind, impatient, rude, or jealous toward others?
Did I exclude other people?

**Sins misusing God's Creation:**

*"God looked at everything He had made, and found it very good."*

(Genesis 1:31)

Did I abuse alcohol or use illegal drugs?
Did I smoke or vape?
Did I overeat, starve myself, or "binge and purge"?
Did I intentionally do harm to my own body?
Did I mistreat animals or the environment?
Did I watch, read, or listen to something I shouldn't?
Did I use any form of technology addictively?
Did I use entertainments of media in isolating ways?
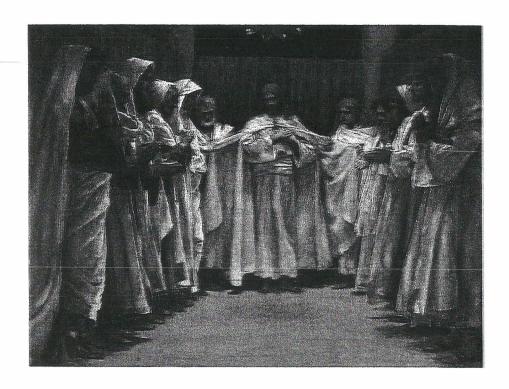Did I act greedy or ungenerous?
Did I act as if God would not take care of me?

*If we confess our sins,*
*He is faithful and just and*
*will forgive our sins and cleanse*
*us from every wrongdoing.*
(1st John 1:9)

*Give thanks to the Lord for He is good,*
*His mercy endures forever!*
(Psalm 107:1)

# An Examination of Conscience
### *for 2nd through 5th Grade*



On Easter evening, Jesus appeared to the Apostles in the upper room and said, "Peace be with you. As the Father has sent me, so I send you." Then he breathed on them and said, "Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained." (See John 20:19-23)

## Sins against our God:

*Jesus said, "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment."* (Matthew 22:37-38)

Since my last, good confession, did I not pray daily?

Did I reject God, the Lord Jesus Christ, or my Catholic Faith?

Did I receive the Holy Eucharist in a state of mortal sin?

Did I break the one-hour Eucharist fast and still receive Him?

Did I hold back from confessing my serious sins on purpose?

Did I put faith in magic or superstitions?

Did I use the Lord's name like a curse word?

Did I "swear to God" about something unimportant or untrue?

Did I ignore Friday as a special day for penance?

Did I ignore Sunday as a special day for worship and rest?

Did I act disrespectfully toward the Eucharist, holy persons or things?

Did I come late, leave early, or skip Sunday Mass by my own fault?

Did I behave disrespectfully or inattentively at Holy Mass?

Did I make false gods (or idols) of delightful persons or things?

Did I stubbornly doubt God's existence, goodness, or love for me?

*Have mercy on me, God, in your kindness.*
*In your compassion blot out my offense.*
*My offenses truly I know them...*
*what is evil in your sight I have done.*
*O purify me, then I shall be clean;*
*O wash me, I shall be whiter than snow.*
*A pure heart create for me, O God,*
*put a steadfast spirit within me.*
*Give me again the joy of your help;*
*with a spirit of fervor sustain me...*
*O rescue me, God, my helper,*
*and my tongue shall ring out your goodness.*
*O Lord, open my lips,*
*and my mouth shall declare your praise.*
(See Psalm 51)

## Sins against our Parents & Teachers:

*"Honor your father and your mother, as the Lord, your God, has commanded you, that you may have a long life and that you may prosper..."* (Deuteronomy 5:16)

Did I fail to show my parents love and thankfulness?

Did I disobey my parents or skip my household chores?

Did I lie to my parents or hide things from them?

Did I push or nag my parents to do what I wanted?

Did I disrespect a parent by being sassy or back-talking?

Did I disobey or disrespect a teacher?

Did I cheat on tests or copy homework?

Did I choose not to give my best effort at school or at home?

Did I purposely break any rules or laws?

## Sins against Others:

*Jesus said, "I give you a new commandment: love one another. As I have loved you, so you also should love one another."* (John 13:34)

Did I hate someone? (Is there anyone I am unwilling to pray for?)

Did I wish harm or revenge on anyone?

Did I fight with anyone?

Did I physically harm someone on purpose?

Did I touch anyone in a bad or inappropriate way?

Did I use technology to hurt someone?

Did I spread untruths about someone on purpose?

Did I tell negative stories about someone for no good reason?

Did I judge others unfairly?

Did I act as an unfaithful friend?

Did I tell any lies?

Did I steal or damage someone's property on purpose?

Did I try to get someone to do something wrong?

Did I lead another person to sin by something I said or did?

Did I just stand by while another person did wrong?