

My Examination of Conscience

Prayer for a Good Confession

Holy Spirit enlighten my mind
and soften my heart so that I
can know my sins and be truly
sorry for them. AMEN!



- | | |
|--|---|
| <input type="checkbox"/> I was disrespectful to God | <input type="checkbox"/> I ignored someone in need of help |
| <input type="checkbox"/> I didn't listen to my parents (or teacher, or someone else in charge) | <input type="checkbox"/> I did not respect my body by eating well, getting good sleep, etc. |
| <input type="checkbox"/> I didn't follow my parents' or school's rules | <input type="checkbox"/> I fought with my brother or sister |
| <input type="checkbox"/> I used mean words | <input type="checkbox"/> I complained, whined, or begged |
| <input type="checkbox"/> I did not tell the truth | <input type="checkbox"/> I had mean thoughts about someone |
| <input type="checkbox"/> I took what was not mine | <input type="checkbox"/> I would not forgive someone who was sorry |
| <input type="checkbox"/> I purposely hurt someone | <input type="checkbox"/> I did not apologize when I did something wrong |
| <input type="checkbox"/> I looked at books, movies, or TV that was not good for me | <input type="checkbox"/> I did not do my homework or chores |
| <input type="checkbox"/> I was rude | <input type="checkbox"/> I was wasteful |
| <input type="checkbox"/> I teased or bullied someone | <input type="checkbox"/> I did not pray every day |
| <input type="checkbox"/> I did not clean up my mess | <input type="checkbox"/> I was not prayerful in church |
| <input type="checkbox"/> I was selfish or did not share | |

Other Things I Want to Bring to Jesus for Healing



Jesus, the Great Healer!

Confession is the healing our soul needs. Jesus healed many people in the Bible, and he wants to heal you, too, so you can be healthy and strong!

Act of Contrition

O my God, I am heartily sorry for having offended Thee; and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, who art all good and deserving of all my love, I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. AMEN!

Virtue & Good Habits Checkup

For each of these virtues or good habits, circle the number that best shows how strong you are. Give yourself a "5" if you are strong in that virtue, and a "1" if you need to ask for God's help.

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|---|---|--|---|
| Having a positive attitude
1 2 3 4 5 | Loving people I don't like
1 2 3 4 5 | Saying please and thank you
1 2 3 4 5 | Praying every day
1 2 3 4 5 |
| Being grateful
1 2 3 4 5 | Standing up for what's right
1 2 3 4 5 | Praying for help when I am having a hard time
1 2 3 4 5 | Helping those in need
1 2 3 4 5 |
| Giving compliments
1 2 3 4 5 | Being patient
1 2 3 4 5 | | Being generous and sharing
1 2 3 4 5 |