

Holy Guardian Angels Regional School



Examination of Conscience

Grades 3-5



What Is an Examination of Conscience?

An examination of conscience is the act of looking prayerfully into our hearts to ask how we have hurt our relationships with God and other people through our thoughts, words, and actions.

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 been kind and generous with my friends?

The Act of Contrition

A short prayer we pray promising to try not to sin again.

O my God, I am heartily sorry for having offended You. And I detest all my sins because of your just punishment, but most of all because they offend You, my God, Who are all GOOD and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. AMEN

