

## An Examination of Conscience

Dear Holy Spirit,  
Help me answer these questions honestly.  
Help me be more like Jesus.

Do I talk to God every day?  
Do I thank God?

Do I take care of what I have?  
Do I do my chores happily?  
Do I try to do my best at school?  
Do I say "Please" and "Thank you"?  
Do I say "I'm sorry" and "I forgive you"?  
Do I play fair?  
Do I tell the truth?

Thank you, Holy Spirit. I love you.  
Amen.

**Catechist Note:** This sheet can be used with Chapter 4, "Loving Choices." Suggest that the children talk with their family about the importance of thinking carefully about their actions as part of celebrating Reconciliation.