An Examination of Conscience for Children
Using the Beatitudes (Matthew 5: 3–11)

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Am I thankful for all that I have?

Do I thank God for all that I have been given?

Do I have more than I need? Do I share my abundance?

Blessed are they who mourn, for they shall be comforted.

Do I reach out to those who are sad or do I ignore them?

Do I share my sadness with others and especially with God?

Blessed are the meek, for they shall inherit the earth.

Am I gentle or am I sometimes pushy or bossy?

Am I a bully?

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Do I stand up for those who are being bullied and do I ignore the situation?

Do I follow the teachings of Jesus and the Church?

Do I practice the works of mercy?

Blessed are the merciful, for they shall obtain mercy.

Do I freely share with others?

Do I befriend those who are left out or lonely?

Am I forgiving or do I hold a grudge?

Blessed are the pure in heart, for they shall see God.

Do I put God at the center of my decisions and life?

Do I think anyone or anything is more important than God?

Do I live my life according to the teachings of Jesus and the Church?
Blessed are the peacemakers for they shall be called sons and daughters of God.

*Do I value everyone as a child of God?*

*Do I try to get along with everyone, especially family, neighbors and classmates?*

Blessed are they who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

*Do I follow the teachings of Jesus and the Church, even if my friends disagree?*

*Do I remember that Jesus suffered and died for my sake and the sake of others?*

Taken from *Seven Frequently Asked Questions About Children and the Sacrament of Reconciliation*, written for the Archdiocese of Milwaukee by Kathleen D. Beuscher, 2010