My Examination of Conscience

□ I was disrespectful to God	\square I ignored someone in need of help
☐ I didn't listen to my parent (or teacher, or someone else in charge)	☐ I did not respect my body by eating well, getting good sleep, etc.
☐ I didn't follow my parents' rules or my school's rules	\square I fought with my brother or sister
	☐ I complained, whined or begged
□ I used mean words	☐ I had mean thoughts about someone
☐ I did not tell the truth	☐ I would not forgive someone who was
☐ I took what was not mine	sorry
☐ I purposely hurt someone	☐ I did not apologize when I did
☐ I looked at books, movies, TV shows or	something wrong
websites that were not good for me	☐ I did not do homework or chores
□ I was rude	□ I was wasteful
☐ I teased or bullied someone	☐ I did not pray every day
□ I did not clean up my mess	□ I was not prayerful in church
☐ I was selfish or did not share	
Other things I want to bring to Jesus for healing:	
	Teaching