

**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