

Ecological Examination of Conscious

Have I cared for the world around me today? People? Places? And planet?

Have I thanked God for my family? My friends? My school? My community?

Have I helped someone today without being asked? Or expecting anything in return?

Have I been respectful of my home? My school? My community?

Have I turned off lights and power points when I finished using them?

Have I thrown good food away, without thinking about the people who made it or grew it? How much it costs? Or how it got into my lunchbox?

Have I thrown my rubbish in the bin, did I throw it on the ground, or let the wind carry it away?

Have I thanked God for all creatures great and small? Ants? Caterpillars? Cats? Dogs? Birds?

Have I noticed and recently thanked God for colourful flowers? Big shady trees? Gardens? Clouds in the sky? Waterways? The stars in the sky? The moon? The air I breathe? Everything that I love in the natural world?

Have I paused to pray?

Teacher notes: An examination of conscience is a prayerful reflection on our actions in light of our faith in order to identify ways that we are falling short of who God is calling us to be. This examination of conscience focuses on Care of Our Common Home and could be used for class prayer to begin or end the school day.