

EXAMINATION OF CONSCIENCE

For Youth

1. You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.

- Do I strive to have a personal love relationship with God?
- Does God truly hold the first place in my life?
- Have I participated in the occult, witchcraft, fortune telling, Ouija boards, séances, tarot cards, good luck charms? Have I actually believed in horoscopes?
- Have I received Communion in a state of mortal sin?
- Have I told a lie in Confession or deliberately withheld confessing a mortal sin?
- Have I ever denied a truth of the Catholic faith out of embarrassment?
- Have I ever despaired of God's love for me?
- Have I sinned presuming that God would forgive me afterwards?
- Do I seek to be with God in prayer regularly?

2. You shall not take the name of the Lord your God in vain.

- Have I insulted God's holy name or used it lightly or carelessly?
- Have I wished evil on anyone?

3. Remember to keep holy the Lord's Day.

- Have I missed Mass deliberately on Sundays or Holy Days of Obligation?
- Do I show God indifference by not taking Mass seriously?

4. Honor your father and your mother

- Do I honor and obey my parents? Have I cursed at my parents or harmed them in any way?
- Do I honor and obey my legitimate superiors?

5. You shall not kill.

- Have I deliberately hurt anyone?
- Have I abused drugs or alcohol?
- Do I have unresolved issues of hatred, anger, or resentment?
- Have I given scandal to anyone by my sins, thereby leading them to sin?
- Have I attempted suicide or seriously considered it?

6. You shall not commit adultery.

- Have I deliberately looked at impure TV programs, computer sites, DVDs, pictures, or movies?
- Have I used impure language or told impure jokes?
- Have I engaged in sexual thoughts or fantasies? Have I committed a sexual act?

7. You shall not steal.

- Have I taken what is not mine? Destroyed property belonging to someone else? Knowingly accepted stolen goods?
- Have I neglected those in need or ignored the poor? Am I generous with the material possessions I have?
- Have I cheated?
- Have I illegally copied CDs or computer software?

8. You shall not bear false witness against your neighbor.

- Have I lied or sworn falsely?

- Have I gossiped or ruined anyone's good name?
- Have I revealed information about anyone, which should have been kept confidential?

9. You shall not desire your neighbor's wife.

- Have I treated others in deed or thought, as objects?
- Am I modest in dress?

10. You shall not desire your neighbor's goods.

- Am I envious of the possessions, talents, and successes of others?
- Have I acted out of jealousy of someone's gifts or talents?

You shall love your neighbor as yourself.

- Do I love my neighbor? Are there persons who I do not love or refuse to love? Have I ridiculed or humiliated others? Am I prejudiced?
- Have I been patient, kind, gentle, and self-controlled?
- Do I seriously try to love others as Jesus wants?
- Do I forgive from my heart those who have hurt me? Do I pray for my enemies?
- When my conscience has told me to do something good, did I do it, or did I ignore it?

PRECEPTS OF THE CHURCH

- Do I go to Confession at least once a year?
- Do I receive Holy Communion at least once during Easter time? Do I fast for one hour before receiving Communion?
- Do I abstain from meat on Fridays during Lent (for those 14 and over) and fast on Ash Wednesday and Good Friday (for those 16-59).

