























Examination of Conscience

-  Do I truly love God above all, or do I give greater importance to things of this world: money, image, looks, clothes, popularity or selfish desires?
-  Do I claim to have good values, but often bend or abandon them to fit in and be “part of the group?”
-  Do I disrespect God’s name by misusing it out of frustration or anger or to look “tough” to others?
-  Do I hesitate to mention God’s name in appropriate situations, in talking with friends and family?
-  Do I come to church to celebrate the Eucharist on Sundays and Holy Days? Do I attend Mass only when convenient or when it makes me “feel good?”
-  Do I participate in the Eucharist by praying and singing, or am I a spectator waiting to be entertained?
-  Do I pay attention to the Word of God and open myself to God’s call to allow His word to take effect in me?
-  As a child, am I loving, respectful and obedient to my parents?
-  Do I appreciate the many sacrifices parents make for me? Do I say “Thank you” and “I love you” often enough?
-  Do I do my chores without being asked, or do I wait for my parents to become upset before I move away from what I am doing?
-  Have I injured another person through carelessness or fighting?
-  Have I placed myself or others in danger because of reckless use of alcohol or other drugs?
-  Do I respect the dignity of the human body? Do I show that respect in my speech, or are crude language and jokes often part of my conversation?
-  Do I understand and appreciate the gift of our sexuality as a means of expressing our love (and God’s love) in the Sacrament of Marriage?
-  Do I respect other people’s property? Have I stolen, damaged or vandalized their property?
-  Am I honest and hardworking in school and at work?
-  Have I lied to stay out of trouble or to avoid a difficult situation?
-  Do I gossip or have I harmed another’s reputation by exaggeration or making up stories about them?
-  Can I be trusted with a secret?
-  Do I respect the commitments of others and help them remain faithful to their promises?
-  Am I satisfied with what God has given me, or am I jealous of those who seem to have more?
-  Do I try to prove I am better than others by bragging or buying more things?