

Examination of Conscience

My Relationship with God

Do I put God first in my life?

Do I make decisions based on my love for God?

Do I make choices that show I honor God above all other things?

Have I made a decent effort to live the Lord's Day (Sunday) with special attention, resting and rejoicing, and avoiding unnecessary work?

Do I participate fully and consciously when I attend Mass?

Have I used the Lord's name respectfully and reverently?

Does my language reflect my love and respect for God?

Have I made a decent effort to pray every day, thanking God for his blessings, seeking to know his will, and opening my heart to him?

Have I made a decent effort to find God's love and presence in the beauties of nature, the circumstances of my life, and the depths of my soul?

Have I asked God every day to give me the grace I need to live my life to the full, as he wants me to do?

Do I acknowledge that Jesus died for my sins?

Do I seek opportunities to help me grow in the knowledge of my Catholic faith?

Do I sincerely try to avoid sin?

Do I use the talents and skills God has given me to glorify him?

My Relationship with Others

Do I make time to keep in touch and be involved with my parents?

Are my words respectful and kind when I speak to my parents?

Do I listen to my parents and follow their rules?

Am I patient and loving when helping my elderly parents?

Have I avoided lies, gossip, and slander?

Have I avoided judging others and purposefully thinking evil thoughts about them?

Have I avoided doing things that bother, insult, or harm people, especially those closest to me?

Have I avoided bullying, mocking, or making fun of others?

Have I avoided scandal through my bad example?

Am I grateful for the material blessings that I have?

Do I place too much value on material things?

Do I have a proper Christian concern for the poor and needy?

Have I avoided stealing?

Do I respect the property of others?

Do I drive responsibly?

Have I wasted resources that belong to others?

Have I used my time at work efficiently?

Am I honest and fair in my business dealings?

Have I avoided being selfish?

Have I avoided being arrogant and stubborn?

Have I allowed the Gospel to influence my political and social opinions?

Have I forgiven others?

Have I shown special respect towards my parents, my elders, and those in positions of legitimate authority of me?
Am I respectful of the earth and use its resources prudently?
Have I made a decent effort to help others in need, to encourage the downhearted, to find and bring the best out of others?
Have I forgiven those who have offended or hurt me?
Have I avoided resentments and bitterness?
Have I made a decent effort to be fair and to promote fairness and justice in my relationships, in my community, and in society?
Have I been especially attentive to help, support, and respect those people closest to me (spouse, family members, friends, colleagues)?
Have I lied or been deceitful to my spouse?
Do I tell my spouse that I love him or her?
Have I lived my sexuality with Godly joy and dignity, avoiding sexual intimacy outside of marriage and avoiding immodesty in dress and language?
Have I thought of and treated members of the opposite sex with the respect and dignity that all children of God deserve?
Do I avoid activities that lead to impure thoughts and actions?
Have I courageously defended and shared my Catholic faith when I felt God was asking me to?
Do I teach my children the Gospel and the commandments of God?
Do I hug my children and tell them that I love them?
Have I corrected my children out of love to teach them what is right and good?
Do I pray with my spouse and/or my children?

How I Treat Myself

Have I made a decent effort to be responsible in all my duties and obligations, avoiding laziness and procrastination?
Have I made a decent effort to do everything I do out of love for God and for others, and not just for self-centered motives?
Have I respected my own life and person, taking reasonable care of my physical, emotional, and spiritual needs?
Do I use the internet and technology appropriately?
Do I do my best?
Have I used the entertainment media wisely and responsibly?
Have I avoided abusing alcohol and other intoxicating or mind-altering substances?
Have I made a decent effort to continue developing my natural talents and to put them at the service of God and others?
Have I paid attention to my thoughts, accepting good and useful ones, but resisting and rejecting evil ones?
Have I made a decent effort to govern my feelings and my imagination, instead of being governed by them?
Have I made a good use of my time and my money, avoiding irresponsibility and waste?
Have I respected my God-given sexuality, avoiding pornography, masturbation, and the acceptance of lustful fantasies?
Have I made a decent effort to stay informed about important issues affecting my family, community, and society?