

An Examination of Conscience

I examine my conscience by thinking about the things I have said and done that are not according to God's law. I ask myself why I did those things.

Remember: temptations, accidents and mistakes are not sins.

Here are some questions to ask and think about.

Do I Love God with all my Heart?

Do I put God above all things?

Do I remember to pray often?

Do I go to Mass each week?

Do I use God's name carelessly or in anger?

Do I Love Others?

Do I obey my parents and those who are responsible for me?

Have I been disrespectful to someone?

Have I said unkind things to others, my brothers, sisters and friends?

Have I done unkind things to others?

Have I taken something that belongs to someone else?

Have I ruined or destroyed something that belongs to someone else?

Have I cheated?

Am I honest and truthful?

Have I lied?

Do I Love and Take Care of Myself?

Do I take good care of my body?

Do I eat properly and get enough rest?

Do I take care of my responsibilities?

Do I take care of my belongings?