

An Examination of Conscience

- Do I love God with all my heart? Do I make time each day for personal prayer?
- Do I place God at the center of my life, or am I too caught up with things of the world?
- Do I offend God by taking His holy name in vain? Do I curse or set a bad example to others by using vulgar language?
- Have I missed Holy Mass on a Sunday or holyday? Have I been distracted or not participated at Holy Mass? Have I committed a sacrilege, receiving Holy Communion with serious sin?
- *(For children)* Do I respect and obey my parents, teachers, and those in authority?
- *(For parents)* Do I respect my spouse? Have I been a bad example to my children?
- Do I argue with others? Am I impatient or rude? Have I lost control of my temper?
- Am I quick to judge others without knowing them? Have I hurt someone's feelings?
- Have I harmed my body with drugs or alcohol? Have I watched movies or looked at computer pictures which do not respect others? Have I had impure thoughts or committed impure actions with myself or another?
- Have I stolen anything? Have I borrowed something without returning it in good condition?
- Am I greedy or selfish, not satisfied with what I have? Do I share things with others?
- Have I cheated or been dishonest at home, school, or work?
- Have I lied? Do I make up stories to look better than I really am or to get out of trouble?
- Have I committed the sin of gluttony by overeating, overdrinking, or wasting food?
- Have I been lazy or negligent in my prayer, work, and duties?
- Am I jealous or envious of others? Have I placed more reliance upon myself than upon God?
- Have I failed to thank God, my parents and family for all they have given me?
- Are there any other sins which I need to confess, but am hesitant because of pride or fear?