

## Examination of Conscience

*The Lord says: “You shall love the Lord your God with your whole heart”*

Do I believe that God truly loves me and is with me through Jesus and the Holy Spirit? Have I spent time talking to God each day: when I get up, before school, throughout the day, before and after meals, at bedtime? Do I offer God my good works, sacrifices, and struggles each day? Am I willing to have others know that I am a follower of Jesus?

Do I show respect for God’s name and for all that is holy? Do I curse or swear? Why?

Have I participated in Mass on every Sunday and holy day? If I missed mass, came late, or left early, was it for an important reason or because I did not want to be there? Have I been quiet and respectful during Mass? Have I really tried to pray and sing at Mass? Or did I do things to distract others and myself? Do I show proper reverence toward Jesus in the Eucharist?

Have I thanked God for His goodness to me? Have I told God I was sorry when I sinned? Have I tried to make up for my sins with prayer, sacrifice and good works? Do I truly try to live as a son or daughter of God and a friend of Jesus? Do I ask the Holy Spirit to help me become a better person?

*The Lord says: “You shall love your neighbor as yourself.”*

Have I been obedient and respectful to my parents and others who care for me? Have I loved and prayed for them? Have I shown my parents respect and love when I am around my friends and classmates? Have I tried to bring peace and joy to my family by accepted my share of family chores, by being kind to others and by controlling my feelings? Am I being pleasant to have around? Have I accepted family rules without complaint? Have I selfishly demanded expensive material things I did not need from my parents?

Have I obeyed and respected my teachers, religion teachers and others in authority? Have I obeyed school and class rules, paid attention in class, studied and done my assignments? Have I offered to serve my community? Been Christian in my behavior at lunch, on the bus, in the gym, and other public places? When I was a leader, did I try to do what I thought was best for everyone? If someone told me to do something wrong, was I strong enough to refuse?

Have I taken care of the gift of my life and the lives of others? Have I hurt myself with the use of drugs or alcohol? Have I hurt anyone by fighting, by playing jokes, by gossips, rumors or name-calling? Have I mocked or made fun of others? If I became angry or jealous, did I handle my feelings in a positive way?

Have I encouraged or led others to sin? Have I accepted the responsibility for my own actions? Have I forgiven anyone who hurt me? Have I asked forgiveness when I hurt someone? Have I used the gifts of mind, spirit, and body that God has given me to bring happiness to others and glory to God?

Have I shown respect for my body and the bodies of others? Have I told stories, used crude language, read magazines, looked at pictures or watched movies that lack respect for the human body? Do I enjoy and prolong daydreams about such pictures or stories? Have I touched the private parts of my body or another’s body in the wrong way?

Do I respect the act of sex as a part of God’s beautiful plan of life which is protected by the love of married people? Am I open to learning God’s plan for sex, or do I think it is all right for myself and others to do whatever they feel like doing?

Have I tried to take care of my things and the things of others? Things in public places? Have I been careful not to waste God’s gifts so that others can use them too? Am I satisfied with what I have, or would I like to take what belongs to others.

Have I taken anything that is not mine? Have I returned things I borrowed? Have I damaged anything that belongs to someone else? Did I pay for or repair the damages?

Have I always spoken the truth? Have I been kind in talking about other people? Have I guarded the good reputation of others as I would want them to guard mine? Have I kept secrets and promised?

Do I choose good friends? Those who will help me be the person God calls me to be? Am I willing to be friendly to everyone or do I belong to a closed group of friends?

Do I do what I can to help those who are poorer than I am? Have I omitted doing good things when I could and should have done them? Is something else I did bothering me? Is Jesus pleased with my behavior? Am I the person He expects me to be?