

A Thoughtful Examination of Conscience

Responsibilities to God:

Have I gone to Mass on Sunday, or have I rebelled and been stubborn about going to Mass?

Did I participate in the Mass, or did I daydream or find distractions?

Have I prayed every day?

Have I read the Bible?

Have I been rebellious toward God and His commands?

Have I misused the Holy Name of God by swearing and/or cursing?

Have I told the Father that I love Him for creating me and making me His son/daughter?

Have I thanked Jesus for becoming man, dying for my sins, and rising to give me Eternal Life?

Have I asked the Holy Spirit to help me conquer sin and temptation, and to be obedient to God's commands?

Responsibilities to others and myself:

Have I been rebellious, disobedient or disrespectful to my parents, teachers, and those in authority over me?

Have I lied to, or deceived, my parents or others?

Have I been arrogant and/or stubborn?

Have I talked back to my parents or those in authority?

Have I acted out of anger, or nurtured and held grudges and resentments?

Have I refused to forgive others? Have I cultivated hatred?

Have I engaged in sexual fantasies? Have I looked at others lustfully?

Have I read pornographic literature or looked at pornographic pictures, shows or movies?

Have I masturbated?

Have I lustfully kissed or sexually touched someone who is not my spouse? Have I had sexual intercourse with someone who is not my spouse?

Have I had an abortion or encouraged another to have one?

Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?

Have I lied or cheated? Have I stolen anything? Have I paid it back?

Have I been selfish or spiteful toward others? Have I been jealous?

Have I gotten drunk, or taken drugs?

Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, channeling, astrology?

Have I been patient, kind gentle and self-controlled?

When my conscience told me to do something good, did I do it or did I ignore it?