

EXAMINATION OF CONSCIENCE

(Please adapt to the level of the group.)

- Do you love God? Do you show your love of God by going to Mass on Sundays? Do you remember to pray? Do you try to learn more about God? Are you on your best behavior in church? Do you respect church property?
- Do you honor God? Do you ever use God's name or the name of Jesus when you are angry? Do you use God's name when you are just fooling around? Do you curse? Do you wish evil upon others?
- Do you obey your parents? Your teachers? Those who care for you? Do you try to be kind to them and help them?
- Do you fight? Have you hurt anyone? Are you unkind or mean? Are you a bully? Do you lie about others? Do you tell stories that are not true? Do you tell stories that can hurt people? Do you keep secrets? Are you true to your promises?
- Are you stuck up? Are you jealous when good things happen to others? Are you jealous of the things that someone else owns? Do you form your own little groups to keep others out? Do you know how to share? Are you a show-off? Do you brag about things that you have or do to make others feel jealous?
- Do you try your best in school? Do you cheat? Are you lazy? Are you a phony? Do you disturb others who are trying to learn? Are you willing to help others?
- Have you stolen anything? What did you steal? Did you return or pay for what you have stolen? Have you ever shoplifted? Did you deliberately break something that did not belong to you? Did you find something and keep it without trying to find the owner? Did you borrow something and deliberately not return it? Are you greedy?
- Do you have thoughts about hurting people in any way? Have you been mean to anyone because of their color or nationality? Are your thoughts kind? Do you use your mind to plan bad things?
- Do you take care of your body? Do you do anything that would be harmful to your body? Do you take drugs or drink alcohol? Do you do anything that can be harmful to someone else's body? Do you try to tempt others to do wrong things with you? Do you respect your own body? Do you treat other people's bodies with respect? Do you use language that is not respectful about parts of the body?
- Do you try to do something to help the poor and needy whenever you can? Are you willing to comfort someone who needs you? Are you a peacemaker? Do you remember to pray for those who have died? Do you try to be fair and just in all the things that you do?

