

An Examination of Conscience

Love of God

- Is there anything that I am allowing to take God's place in my life?
- Do I pray regularly, and when I do pray, do I give my full attention to my prayer?
- Do I attend Mass and receive the Eucharist every week? Do I keep Sunday holy?
- Am I making a good effort to grow in my relationship with God by receiving the Sacrament of Penance and Reconciliation, by doing spiritual reading, and by going on retreats and participating in other spiritual practices?
- Am I always reverent to God in my words and actions?

Love of Neighbor

- Have I treated anyone with disrespect, especially my parents, brothers and sisters, teachers, and other people in authority?
- Have I obeyed the rules and laws of my school, state, and country?
- Have I harmed another person intentionally or through my careless actions? Have I been unkind or cruel to others in thought, word, or deed?
- Have I harmed another person's dignity by engaging in gossip or spreading demeaning stories about the person?
- Have I protected my chastity at all times? Have I viewed pornography, engaged in lustful thoughts, or been sexually active in any way outside of marriage?
- Have I been truthful in all situations calling for the truth? Have I cheated or been dishonest in any way?
- Have I been envious of someone else in any way?
- Have I participated in or supported another person's sinful actions?
- Have I been of service to others whom I was in a position to help? Have I reached out in some way to people in need?

