

Examination of Conscience

How well do I love God?

Do I ignore God or exclude Him from my life?

Do I neglect my daily prayers or say them badly? Is my prayer a real conversation with God in mind and heart?

Have I used God's name in anger or carelessly? Have I missed Mass on a Sunday or Holyday of Obligation through my own fault?

Have I received Holy Communion in a state of mortal sin?

Do I observe the one hour fast before receiving Communion?

Do I abstain from meat or perform some other act of penance on Fridays?

How well do I love my neighbour?

For all:

Have I been impatient, angry or jealous?

Have I taken part in, or encouraged, an abortion or any other means of taking human life?

Have I been drunk, used drugs, or given a bad example to others?

Have I driven carelessly so as to endanger my life or that of other people?

Have I placed myself in danger of sin by reading or looking at what was indecent or pornographic?

Have I sinned against the virtue of purity by myself (masturbation) or with others (fornication, adultery, homosexual acts)?

Have I been dishonest by stealing or cheating?

Have I been lazy at my work or at home?

Have I been uncharitable or unkind in thought, word, or deed?

Have I told lies? Do I judge others rashly?

For Spouses:

Do I pray for my husband or wife?

Am I critical of my spouse, putting them down in public or in private?

Do I make an effort to foster and show my love and affection for my spouse?

Do I try to make up whenever there has been a disagreement or do I allow resentment to continue? Am I too proud to say 'Sorry'?

Do I mistreat my spouse verbally, emotionally or physically?

Have we used artificial means of birth control in order to prevent having children?

For Parents:

Have I neglected to teach my children their prayers and give them a Christian education?

Have I set my children a bad example by not bringing them to Mass, or being careless about my religious duties?

Do I take care to ensure that my children do not witness arguments at home?

Do I watch over the books they read and the television and videos they watch?

Do I take care to 'befriend' my children? Am I over strict or over lax with them?

Do I explain decisions to them and so help them grow to maturity?

For Young People:

Have I been disobedient or rude to my parents or teachers?

Do I treat my parents with affection and respect? Do I pray for them?

If I live away from home, do I keep in touch with my parents and other members of my family?

Do I quarrel with my brothers or sisters or other members of my family? Do I forgive?

Do I study hard at school or college? Am I grateful for the sacrifices my parents have made for me? Do I show my gratitude?

Am I careful to set my friends a good example, especially in matters of behavior, attendance at Holy Mass and moral issues?

Do I realize that my example might help them take seriously their Christian calling?