

EXAMINATION OF CONSCIENCE

- Do I live for self, or for God?
- Do I try to do his will or my own?
- Do I pray regularly?
- Do I go to Mass?
- Are there false God's in my heart, idols of money, ambition, sex?
- Have I sworn falsely, or used the name of god or Christ in vain?

- Do I want to know my neighbour, or am I content with a small circle of acquaintances and ignore the rest?
- Do my love and concern begin and end with my own family and are others excluded?
- Do I contribute to the happiness of my family as a husband, wife, son or daughter?
- Have I faithfully kept my marriage vows to my wife, husband?

- Does my life reflect the mission I received in confirmation?
- What kind of example of Christian principles and living do my friends, my business associates see in me?
- Do I see my work as a service to others, or merely as a means of making money?
- Do I pay a living wage to my employees?
- Do I work honestly for the wages I earn?
- Have I been faithful to my contracts?
- Do I do my duty as a citizen; voting in elections, making my voice heard on social and moral questions, like abortion and euthanasia, racial discrimination, housing?
- Am I concerned about the poor, the homeless, the lonely?
- Do I visit the sick, those in prison?
- Have I deliberately been the cause of loss or damage to my neighbour?
- Have I injured his good name by hint or gossip?
- Have I stolen from others?
- Have I quarrelled and become permanently estranged through my unwillingness to forgive?
- If I have caused loss to others, have I made restitution?
- Have I treated my neighbour as merely a means to gain my own ends, or as an object of sexual gratification?

- Have I always followed the dictates of my own conscience?
- When in doubt, have I tried to develop a right conscience by prayer, by consulting a priest?
- Have I sinned against my own body by impurity, fornication, self-indulgence in food or drink?
- Have I indulged in reading, conversation or shows that offend human decency?
- Have I indulged in pornography?

- Do I indulge thoughts of pride and self-love?
- Have I lied or acted against my conscience through fear or human respect?
- Have I endured illness, trials, disappointment with patience or have I indulged in self-pity?
- Have I failed to do what I knew to be my duty through laziness or indifference?