

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 used bad language, told obscene jokes?
- If I missed Mass on a regular basis have I been to confession before I resume receiving Holy Communion?
- Have I made an unworthy confession by omitting to confess all mortal sins?
- 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?
- Have I dissented from any of the teachings of the Catholic Church?

How well do I love my neighbour?

For all

- Have I neglected to teach my children their prayers and give them a Christian education?
- 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 been hypocritical?
- 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 abused anyone either physically, mentally, emotionally or sexually?
- Have I dwelt on impure thoughts or desires?
- Have I been dishonest by stealing or cheating?
- Have I pampered myself on material comforts with little thought for the poor of this world?
- Have I been lazy at my work or at home?
- Have I been uncharitable or unkind in thought, word, or deed?
- Have I gossiped about others detracting from their good name?
- Has the sin of jealousy settled in my soul?
- Have I told lies? Have I judged others rashly?
- Have I harboured resentment or held grudges against others?
- Have I forgiven from my heart people who have hurt me, inside or outside my family?

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 I used artificial means of birth control in order to prevent having children?
- Have I committed adultery?
- Have I married 'outside' the Catholic Church?
- Have I cohabitated with anyone before marriage and never confessed it?
- Have I received Holy Communion when 'co-habiting' or received it while remaining married outside the Church.
- Have I used IVF?

For Parents

- Have I been impatient, angry or jealous?
- 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?
- Do I set boundaries for my children or do I let them do as they please?

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 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 behaviour, attendance at Holy Mass and moral issues?
- Do I realize that my example might help them take seriously their Christian calling?