

# EXAMINATION OF CONSCIENCE (Adults)

Questions Pope Francis recommends we reflect on as we prepare for receiving the Sacrament of Reconciliation (Confession)

- Do I only turn to God when I am in need?
- Do I attend Mass on Sundays and holy days of obligation?
- Do I begin and end the day with prayer?
- Am I embarrassed to show that I am a Christian?
- Do I rebel against God's plan?
- Am I envious, hot tempered, biased?
- Am I honest and fair with everyone, or do I fuel the "throwaway culture?"
- In my marital and family relationships, do I uphold morality as taught in the Gospels?
- Do I honor and respect my parents?
- Have I refused newly conceived life? Have I snuffed out the gift of life? Have I helped to do so?
- Do I respect the environment?
- Am I part worldly and part believer?
- Do I overdue it with eating, drinking, smoking and amusements?
- Am I overly concerned with my physical well-being, my possessions?
- How do I use my time? Am I lazy?
- Do I want to be served?
- Do I dream of revenge, hold grudges?
- Am I meek, humble and a builder of peace?

## EXAMINATION OF CONSCIENCE (Children)

### **My Relationship with God**

Do I pray to God each day?

Do I pay attention and do my part at Mass?

Do I use God's name or Jesus' name when I am angry?

### **My Relationship with others**

Do I obey my parents and teachers?

Do I follow the rules at school and at home?

Do I treat others fairly?

Do I make fun of others?

Do I fight at home or on the playground?

Do I take care of my belongings and those of others?

## EXAMINATION OF CONSCIENCE (Youth)

Oh Lord, you search me and you know me. You know my resting and my rising; you discern my purpose from afar. You mark when I walk or lie down; all my ways lie open to you.

Search me, O God, and know my heart. Shine your light into the hidden corners of my soul, and help me to see the ways I have failed to make You the center of my life.

- Have I given You first place in my life, trusting in Your love for me?
- Have I set aside time to spend alone in prayer, and to praise You each Sunday?
- Have I been open to Your presence in the people around me, especially in those who are different from me?

Search me, O God, and know my heart. Test me, and know my inmost faults. Send Your Spirit to help me see the ways I have failed to see and know myself as Your beloved child.

- Have I respected my body by taking care of my health? Or, have I hurt my body with alcohol, drugs, or food? Do I love and respect my body as it is?
- Am I grateful for the gift of my sexuality and committed to using it according to Your will? Or, have I used my sexuality in selfish ways, or in ways that disrespect others?
- Do I accept and love myself, despite my weaknesses, and trust that You created me and love me as a unique person? Or, do I waste time and talent being jealous of other people?

Search me, O God, and know my heart. Send forth the light of Your truth, and help me to see the ways I have failed to love my neighbor as You love me.

- Have I shown respect and love to my family? Or am I sometimes thoughtless or cruel to them?
- Have I hurt anyone out of jealousy or anger? Have I gossiped about someone or made fun of someone different from me because of race, clique, gender, disability, sexuality or body size?
- Have I remained silent while people at school, work or at home have ridiculed another person?
- Have I been so wrapped up in myself that I have too often forgotten the poor, the hungry, and the people in the world who suffer injustice of all kinds?

Search me, O God, and now my heart. Test me, and know my inmost thoughts. See if there is any evil way in me, and lead me along the path of eternal life.