

Examination of Conscience

We examine our conscience to help us live as children of God and followers of Jesus. We ask ourselves how well we are living or not living as Jesus taught us. We think about the Ten Commandments, the Beatitudes, and what the Church teaches us. We can ask ourselves questions like these:

How am I showing or failing to show my love and respect for God?

- Do I spend time with God in prayer?
Do I listen reverently to God's word at Mass?

- Do I speak God's name or Jesus' name respectfully? Or have I spoken God's name or Jesus' name inappropriately when I was angry or to impress my friends?

How am I showing or failing to show my love and respect for other people and for myself?

- Do I respect my parents, teachers, and others who have the responsibility to care for me? Do I cooperate with them and obey them?

- Do I care for my health and follow safety rules?

- Do I treat other people fairly and with kindness? Or have I been mean to others?

- Am I generous? Do I share what I have with others, especially people in need? Or have I been greedy?