

# An Examination of Conscience

An examination of conscience is the act of looking prayerfully into our hearts to ask how we have hurt our relationships with God and other people through our thoughts, words, and actions.

The questions below help us in our examination of conscience.

## My Relationship with God

What steps am I taking to help me grow closer to God and to others?

Do I turn to God often during the day, especially when I am tempted?

Do I participate at Mass with attention and devotion on Sundays and holy days?

Do I pray often and read the Bible?

Do I use God's name and the names of Jesus, Mary, and the saints with love and reverence?

## My Relationships with Family, Friends, and Neighbours

Have I set a bad example through my words or actions?

Do I treat others fairly?

Do I spread stories that hurt other people?

Am I loving of those in my family?

Am I respectful of my neighbours, my friends, and those in authority?

Do I show respect for my body and for the bodies of others?

Do I keep away from forms of entertainment that do not respect God's gift of sexuality?

Have I taken or damaged anything that did not belong to me?

Have I cheated, copied homework, or lied?

Do I quarrel with others just so I can get my own way?

Do I insult others to try to make them think they are less than I am?

Do I hold grudges and try to hurt people who I think have hurt me?

## My Relationship with my Parish community

Am I committed to growing my discipleship? Have I participated in any formation programme in the Parish?

Am I committed to Christian Stewardship?

Do I participate in Parish activities or do I only attend Sunday Mass?

Have I grumbled and complained about the Parish Leadership?

Have I used my gifts in the service of the Parish vision and mission?

Have I invited someone, especially a lapsed or lost Catholic, to our Parish?