

## Examination of Conscience 2<sup>nd</sup>-4<sup>th</sup> Grade

### Prayer before Confession:

Holy Spirit help my mind and soften my heart, so that I can know my sins and be truly sorry for them.

#### 1. ***“I am the Lord, your God; you shall not have other gods besides Me.”***

- Have I prayed every day?
- Have I prayed with my parents and family?
- Do I tell God I love Him and thank Him for all He has given me?
- Have I avoided being upset with my parents about going to church on Sunday?
- Is there anything that has become so important to me that I forget about God?

#### 2. ***“You shall not take the name of the Lord your God in vain.”***

- Have I used the words “God” or “Jesus” in anger?
- Have I wished bad things or evil on someone?
- Do I use bad words?

#### 3. ***“Remember to keep holy the Lord’s Day”***

- Do I go to Mass on Sunday and Holy Days?
- Do I do all I can to make Sunday a day of rest and joy for my family?
- Do I pay attention at Mass, or do I tease or distract others by talking or playing?
- Do I move slow on Sundays to cause my parents to be late for Mass?

#### 4. ***“Honor your father and your mother.”***

- Do I listen to my parents and others who take care of me?
- Do I respect my parents and follow the rules they have made for my safety and good?
- Have I avoided being selfish toward my parents, brothers, sisters, teachers, or my friends?
- Have I done my chores at home joyfully without getting mad?
- Do I help my parents when they ask for my help?
- Do I show love for my parents?
- Do I try to be a good example, especially to my younger siblings and friends?

#### 5. ***“You shall not kill”***

- Am I kind to others and treat them with respect?
- Do I hurt other’s feelings by name-calling or making fun of them?
- Do I take care of my body by eating healthy food and getting enough sleep?
- Am I willing to play with everyone? Have I stopped talking to someone to be mean?
- Do I ask people to do bad things, or laugh at them when they do?

**6. “You shall not commit adultery”**

- Do I watch tv shows or movies that my parents have told me not to?
- Do I watch shows or movies that would not please God?
- Do I treat my body and other people’s bodies with respect?

**7. “You shall not steal”**

- Have I taken things that were not mine from the store or another person?
- Have I broken or misused someone’s property on purpose?
- Do I give things back that I borrowed?

**8. “You shall not bear false witness against your neighbor”**

- Do I tell the truth?
- Do I say things about other people that are not true?
- Do I cheat in class or in a game?
- Do I tell lies so I won’t get in trouble?
- Do I tell lies to get other people in trouble?
- Do I tattletale on others?

**9. “You shall not covet your neighbors wife”**

- Do I get mad when I have to share my friends with others?
- Am I jealous of my brothers and sisters; do I want my parent’s attention for myself all the time?
- Am I willing to share my things and my time with others?
- Do I respect myself and others?

**10. “You shall not covet your neighbor’s goods”**

- Do I want to have the things others have?
- Do I become jealous of the good things my friends have?
- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have with my family, friends, and poor people?
- Am I jealous of the abilities others have?

**The Act of Contrition:**

O my God,

I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things.

I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin.

Through the merits of the Passion of our Savior Jesus Christ, Lord, have mercy.

## Examination of Conscience 5<sup>th</sup>-6<sup>th</sup> Grade

### Prayer before Confession:

Heavenly Father, bless your priest who will hear my confession. Fill him with your love and wisdom, that he may guide me closer to you. Send your Holy Spirit upon me that I may come to know my sin and confess it to you so that I may be freed from it.

#### 1. ***“I am the Lord, your God; you shall not have other gods besides Me.”***

- Have I prayed every day?
- Do I put TV, music, video games, friends, or other things before my relationship with God?
- Do I value money, popularity, or objects more than God?
- Do I read horoscopes, or play with ouiji boards?

#### 2. ***“You shall not take the name of the Lord your God in vain.”***

- Do I use God’s name in anger or in a bad way?
- Do I use the names of Mary or the saints in unholy ways?
- Do I use bad words? Have I made fun of or mocked God, Jesus, Mary, or the Church?

#### 3. ***“Remember to keep holy the Lord’s Day”***

- Do I go to Mass on Sunday and Holy Days?
- Do I do all I can to make Sunday a day of rest and joy for my family?
- Do I pay attention at Mass or distract those around me?
- Do I do unnecessary work on Sunday? Do I save all my homework for Sunday?

#### 4. ***“Honor your father and your mother.”***

- Do I talk back or disrespect my parents, teachers, or others in authority?
- Do I fail to listen to my parents when they are talking to me?
- Do I say mean things to them? Do I yell at them?
- Do I listen to my friends more than my parents?
- Do I fail to show my parents love because it does not seem “cool”?
- Do I do my chores when I am asked to or do I have to be told several times?
- Do I help with my younger brothers and sisters?

#### 5. ***“You shall not kill”***

- Do I fail to control my anger or temper?
- Am I mean on purpose? Do I say things to hurt people?
- Do I make fun of people or bully them?
- Did I refuse to forgive someone?
- Did I lead others in not being friends with someone I do not like?
- Do I fail to help others when they need help?
- Do I fail to love my neighbor?
- Do I take care of my body? Do I eat foods that are good for me?

**6. “You shall not commit adultery”**

- Do I listen to or watch anything impure, something that makes me feel uncomfortable?
- Do I dress inappropriately?
- Do I show respect for everyone and every body?
- Do I pressure my friends to do things that they don't want to do?

**7. “You shall not steal”**

- Have I taken anything that did not belong to me without asking?
- Did I return what I took?
- Have I cheated on a test?
- Do I break or wreck people's property?
- Have I kept others from having what they deserve?
- Do I use the things I have wisely?

**8. “You shall not bear false witness against your neighbor”**

- Did I tell lies? Have I told lies to hide what I have done wrong or to hurt others?
- Did I say mean things about anyone?
- Do I cheat when playing games?
- Have I broken promises?
- Have I gossiped about others?
- Do I boasted and make yourself look better than you are?
- Do I point out other people's faults unnecessarily?
- Do I say things about people that you wouldn't want them to know about?

**9. “You shall not covet your neighbors wife”**

- Do I respect other people's privacy?
- Do I watch tv or play video games that are violent or impure?
- Do I have unholy thoughts about others or myself?
- Do I fail to trust in what God has in His plan for me?

**10. “You shall not covet your neighbor's goods”**

- Have I been jealous of other people?
- Do I respect my friends' belongings?
- Do I always think about things I can't have?
- Have I been selfish by not sharing my things or time with others?

**The Act of Contrition:**

**O my God,**

**I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things.**

**I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin.**

**Through the merits of the Passion of our Savior Jesus Christ, Lord, have mercy.**

## Examination of Conscience 7<sup>th</sup>-8<sup>th</sup> Grade

### Prayer before Confession:

Heavenly Father, bless your priest who will hear my confession. Fill him with your love and wisdom, that he may guide me closer to you. Send your Holy Spirit upon me that I may come to know my sin and confess it to you so that I may be freed from it.

#### 1. ***“I am the Lord, your God; you shall not have other gods besides Me.”***

- Do I start and end each day with prayer?
- Do I put clothes, sports, social media, before God?
- Have I failed to learn about God and my faith?
- Am I willing to defend my faith?
- Have I denied my faith before others?
- Have I believed in horoscopes, used a Ouija board, or engaged in superstitious practices?

#### 2. ***“You shall not take the name of the Lord your God in vain.”***

- Do I use the Lord’s name in anger (ex. OMG)?
- Did I make fun of holy people or things?
- Have I used bad language?

#### 3. ***“Remember to keep holy the Lord’s Day”***

- Did I miss Mass on Sunday or Holy Days?
- Did I fail to pay attention or distract others at Mass?
- Have I kept the Eucharistic fast of one hour?
- Did I fail to spend time with my family on Sunday?
- Did I save all my homework and work for Sunday?

#### 4. ***“Honor your father and your mother.”***

- Do I obey my parents or those in authority (teachers, coaches, principal, priest)?
- Did I talk back to my parents? Did I yell or say mean things to them?
- Did I hide things from my parents?
- Did I watch or read things my parents told me not to?
- Did I disobey the rules without good reason?
- Do I help around the house without being told several times?
- Have I disrespected my family members or treated them with little attention?

#### 5. ***“You shall not kill”***

- Do I think I am better than others?
- Did I fight with others—verbally or physically?
- Did I fail to forgive someone?
- Did I lead others to sin because of my example?
- Have I vaped, drank, or done drugs that can damage my health and numb my conscience?
- Have I been mean to others?
- Have I been angry easily or lose my temper?
- Have I led others to not be friends with someone I do not like?

**6. “You shall not commit adultery”**

- Am I seeking an identity that is different from the way that God designed me?
- Have I had impure or lustful desires that I intentionally did not ignore?
- Have I watched inappropriate movies or TV shows that include violence, bad language or sexual relationships?
- Have I viewed pornography or read inappropriate stories?
- Have I been a temptation of sin to others by acting or dressing immodestly?
- Have I engaged in inappropriate relations that are reserved for marriage?
- Have I failed to be pure in thought, word, and deed (alone or with others?)
- Do I go to places or spend time with people who lead me to sin?
- Did I fail to treat people with respect?

**7. “You shall not steal”**

- Did I steal anything?
- Did I cheat at home or in class?
- Did I claim someone else’s work as my own?
- Have I refused to admit when I was wrong?
- Did I knowingly receive stolen goods?
- Have I not returned borrowed things or returned them in worse condition than when I borrowed it?

**8. “You shall not bear false witness against your neighbor”**

- Have I told lies to hide what I have done wrong or to hurt others?
- Have I said false things to make myself look better to others?
- Have I told lies intended to seriously damage the reputation of another?
- Have I broken promises? Have I talked behind someone’s back or spread rumors (gossip)?
- Have I used snapchat, twitter, or other social media in ways that are hurtful or damaging?

**9. “You shall not covet your neighbor’s wife”**

- Did I look at others with lust?
- Have I been greedy?
- Did I judge people by the clothes they wear or how they look?

**10. “You shall not covet your neighbor’s goods”**

- Did I ruin anyone's property?
- Do I get jealous of what others have or their talents?
- Do I get jealous when others do better than me?

**The Act of Contrition:**

O my God,

I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things.

I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin.

Through the merits of the Passion of our Savior Jesus Christ, Lord, have mercy.

## Examination of Conscience for Teens

### Ask...

Am I ready to have my sins forgiven, to allow God to change me and to have a friendship with God?  
Did I hide a grave sin in my last confession? Did I complete my penance from my last confession?  
Did I apologize for hurting others?  
Have I tried to lead a better life?

### **“You shall love the Lord your God with your whole heart.” (Mt 22:37)**

Have I made things more important than God?  
When I make a promise, do I keep it?  
Do I use God’s name carelessly or in anger? Do I use other inappropriate language?  
Did I stay home from church when I could have gone with my family?  
Have I tried to get a ride to church for Mass if I needed one?  
Have I prayed regularly?

### **“Love one another as I have loved you.” (Jn 15:12)**

Do I obey my parents, or do I delay my duty?  
Have I completed my chores without complaining?  
Have I been impolite to teachers or coaches?  
Do I lose my temper?  
Do I hold grudges and try to get even?  
Have I been unfair?  
Have I refused to forgive someone?  
Have I caused someone else to sin?  
Have I shown respect to my body and other people’s bodies?  
Have I used my body inappropriately?  
Do I avoid harmful things like drugs, tobacco and alcohol?  
Have I watched inappropriate television or gone to internet sites I shouldn’t have?  
Have I taken something that belonged to someone else?  
Have I forgotten to return something I borrowed?  
Have I used money responsibly?

Do I play fairly, or do I ever cheat at school or at games?  
Have I been honest and fair or have I lied? Have I hurt someone by what I said or did?  
Do I gossip?  
Have I been jealous of friends?  
Have I tried to be kind to others?  
Have I looked impurely on another?  
Have I been jealous of the things that my friends have?  
Have I talked my parents into buying things because others have them?  
Have I helped others when they needed help?

### **“Whoever has my commandments and observes them is the one who loves me.” (John 14:21)**

When I look at my life, where is it heading?  
Is eternal life my goal?  
Have I grown through prayer?  
Have I read the Bible?  
Do I think of myself as better than others? Have I used my gifts to be a better person? Have I used my gifts to help others?  
Have I accepted disappointment in my life?  
Have I kept myself pure?

## Examination of Conscience for Young Adults

### Ask...

Am I ready to have my sins forgiven, to allow God to change me and to have a friendship with God?

Did I hide a grave sin in my last confession?

Did I complete my penance from my last confession?

Did I apologize for hurting others?

Have I tried to lead a better life?

### **“You shall love the Lord your God with your whole heart.” (Mt 22:37)**

Do I desire God above all things?

Am I faithful to God’s Commandments?

Do I steer my thoughts away from the concerns of this world?

Have I protected my faith?

When I struggle with a Church teaching, do I trust and pray for understanding?

Have I done anything to grow in understanding of my faith?

Have I flirted with the dangers to faith?

Do I let my faith be known to others?

Have I been afraid to share my Catholic faith in the workplace and on social media?

Have I prayed when I wake and before I sleep?

When I pray do I engage my mind and heart?

Do I share my difficulty, my happiness, and my sadness with God?

When I was tempted, did I ask God for help?

Do I swear?

Have I spoken disrespectfully of the Blessed Virgin Mother or the saints?

Do I attend Mass on Sundays?

Do I attend Mass on Holy Days of Obligation?

Have I rested my mind and body weekly?

Do I seek the sacrament of reconciliation at least once a year?

Have I ensured reception of the Eucharist during the Easter season?

Have I observed the days of fasting and abstinence?

Have I shared my time through volunteering?

Have I shared my income with the poor?

Have I shared my talent with the Church?

Do I trust earning money more than I trust God to take care of my needs?

Do I trust in superstitions, instead of trusting God?

### **“Love one another as I have loved you.” (Jn 15:12)**

Have I caused someone else to sin?

Have I shown respect to my body and to other people’s bodies?

Do I avoid harmful things like drugs, tobacco, and alcohol?

Have I watched inappropriate media or gone to internet sites I shouldn’t have?

Do I love neighbors both near and far from where I live?

Have I refused to forgive someone?

Have I shown love to my family members?

Have I been patient with my family members?

Though I am an adult, do I show proper respect to my parents?

Have I been a good example to younger generations?

Do I help victims of oppression, misfortune, and poverty?

Do I look down on those that are poor, sick, elderly, or people of other races?

Have I prayed for peace?

Do I care for others or only for myself?

Am I a burden on society or have I done my duty as a citizen?

Am I honest in my work?

Have I been faithful in my contracts and promises?

Have I obeyed legitimate authority?

Have I been violent towards others?

Have I forgiven others?

### **“Whoever has my commandments and observes them is the one who loves me.” (Jn 14:21)**

When I look at my life, where is it heading?

Is eternal life my goal?

What use have I made of my time?

Have I kept my senses and body pure and chaste?

Have I accepted the sorrows in life?



## Examination of Conscience for Married Couples

- ❖ ***"You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength." - Mark 12:30***
  - Have we invited God to be the third Person in our relationship?
  - Do we strive intentionally to include God in all our decisions?
  - Do we trust God?
  - Do we place our confidence in things like money, possessions, prestige, clothes, position, politics, drugs, alcohol, or horoscopes?
  
- ❖ ***"This is my commandment: love one another as I love you" - John 15:12***
  - Do I show as much concern, love, gentleness, and care for my spouse as I do for myself or for other people?
  - Is our marriage the core of our lives or is it just another thing we do?
  - Do I participate in my spouse's life?
  - How do I love our children?
    - Am I separate or aloof from them?
    - Am I able to show tenderness toward them?
    - Do I set an example of love for them in the way I love their father/mother?
    - Do I participate in their lives?
    - Am I able to accept my children and their way of acting, talking, and living while still expressing my values and expectations?
  - Do we avoid negative humor and putdowns?
  - Do we talk about our spouses to others in a negative way?
  - Do we share our home, talent, material possessions with those in need?
  - Do we reach out to the poor, the lonely, the needy, the homeless, the hurting?
  
- ❖ ***"For where two or three are gathered together in my name, there am I in the midst of them." - Matthew 18:20***
  - Is our home a "domestic church?"
  - Are we aware that we are gathered in His name as a married couple?
  - Do we find time for personal prayer?
  - Do we find time as a couple for prayer?
  - Do we find time as a family for prayer?
  - Do we pray grace before meals, whether at home or away from home?
  - Do we attend mass on Sunday and Holy Days of Obligation?
  - Do we bring our children to Mass?
  - Are we availing ourselves of the Sacrament of Confession on a regular basis?
    - Do we encourage our children to receive this sacrament?
  
- ❖ ***"And the two of them become one body." - Genesis 2:24***
  - Do we strive for unity in all that we do?
  - Do we make our decisions as a couple?
  - Do we really live as a married couple or as "married singles?"
  - Do we show each other by our words and actions that we are two in one flesh?
  - Are we affectionate towards each other?
  - Do I seek affection from someone other than my spouse?

- Do I thank God for my marriage?
- Do I pray for my spouse?
- Do I encourage my spouse in his/her struggles?
- Do I deliberately entertain impure thoughts about someone?
- Have I sought out pornographic images or movies?
- Have I engaged in impure conversations?
- Have I masturbated?
- Have I compromised my marriage in my thoughts, words, or actions?

❖ ***"The Lord sent them ahead of Him in pairs" - Luke 10:1***

- Do we share any hobbies or other interests as a couple?
- Do we recognize God wants to use us for His purpose?
- Do we defend the dignity of marriage or ridicule it?

❖ ***"But seek first the kingdom of God and his righteousness." - Matthew 6:33***

- Do we spend as much time and effort on our spiritual growth as we do on other activities, e.g., entertainment, sports, leisure?
- Have we discussed how much time and money or other resources we are sharing or plan to share with others?
- Do we attend retreats, seminars, prayer groups as a couple?
- Do I or we read books relating to our faith or about improving our marriage?

❖ ***"I came so that they might have life and have it more abundantly." - John 10:10***

- Are we life-giving to each other and to our children?
- Do we encourage and support each other?
- Do we defend each other?
- Are we sensitive to one another's moods, feelings, needs?
- Do I openly accept my spouse or am I trying to mold him/her into who I want him/her to be?
- Do I nag, criticize, or belittle my spouse?
- Do I do this in front of the children, friends, in public?
- Am I judgmental?
- Do I gossip or slander others?
- Have I forgiven my spouse from the heart?
- Do I throw back in his/her face past hurts?
- Have I forgiven myself, my children, others?
- Do I give 100% in my marriage?
- Are we life-giving in our sexuality?
- Do we only use natural family planning methods of family planning when we have a serious reason for avoiding pregnancy?
- Do we see our sexuality as holy, as a moment to renew the covenant of marriage?
- Do the books I read, the movies I watch draw me closer to God, to my spouse, my family?