

## EXAMINATION OF CONSCIENCE

- Do I love my family as I should and do I contribute to a happy home life?
- Am I thoughtless or even cruel towards members of my family?
- Am I fair and honest in my relationships with friends?
- Do I lie or act phony or take advantage of others by stealing or cheating?
- Do I respect the rights of others?
- Do I try to forgive the people who offend me or dislike me?
- Am I grateful for my sexuality and anxious to grow in sexual maturity and responsibility?
- Do I sometimes exploit members of the opposite sex and use them for my own ends without concern for them?
- Do I contribute to the life of my local community or Church?
- Do I respect the good things of creation and the gifts of the earth, or am I thoughtless and self-centered?
- Am I attentive to the needs of others, especially the poor?
- Am I concerned for the hungry, the homeless, the destitute and victims of racial or gender, prejudice, hatred and violence?
- Do I give in to excessive eating or drinking?
- Do my words and actions hurt others, belittle them or make them feel bad about themselves?
- Am I really working toward becoming a better Christian?
- Are there false gods I worship by giving them greater attention and deeper trust than I give God: money, superstition, materialism or consumerism?
- Does my life and do my words and actions testify to the fact that I try to imitate Christ?
- Am I making the most of my opportunities and talents?
- Do I take care of my body, get enough rest and exercise?
- Do I keep God in mind and try to put God first in my life?
- Am I too caught up in material concerns to recognize my need for God?
- Do I worship God regularly and seriously?
- Do I respect the name of God or do I dishonor God by using Gods' name in anger, frustration, carelessness, or out of habit?
- Do I pray at least a little every day, even when I do not feel like it?
- Do I trust God and take seriously enough God's personal concern and love for me?
- Do I repent of my sins and accept God's continuous, free and gracious forgiveness?

### ACT OF CONTRITION

*O my God, I am sorry for my sins with all my heart.*

*In choosing to do wrong and in failing to do good, I have sinned against you, whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, And to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us.*

*In his name, my God, have mercy on me, whom you love.*

*Amen.*