

## EXAMINATION OF CONSCIENCE

*The examination may be read silently as you prepare for your confession*

The way we may be sure that we know Jesus is to keep his commandments. Whoever says, “I know him,” but does not keep his commandments is a liar, and the truth is not in him. But whoever keeps his word, the love of God is truly perfected in him. This is the way we may know that we are in union with him: whoever claims to abide in him ought to walk just as he walked...for the darkness is passing away, and the true light is already shining. Whoever says he is in the light, yet hates his brother, is still in the darkness. Whoever loves his brother remains in the light, and there is nothing in him to cause a fall. Whoever hates his brother is in darkness; he walks in darkness and does not know where he is going because the darkness has blinded his eyes. (I John 2:3-6, 8b-11)

### **Whoever says, “I know him,” but does not keep his commandments is a liar, and the truth is not in him.**

- Am I mindful of the Ten Commandments? Have I (or do I):
  - place anything above God?
  - participate in Mass on Sundays and Holy Days of Obligation?
  - honor my parents? my elders?
  - been faithful to my spouse?
  - lied? gossiped?
  - taken the Lord’s name in vain?
  - killed or physically harmed anyone?
  - stolen from or cheated others?
  - coveted another person’s spouse or property?
- Do I follow the Law of Love which Jesus gave us?
  - Do I love the Lord my God with all my heart, soul, and mind?
  - Do I love my neighbor as myself?
- Am I aware of catholic teachings? Do I affirm these teachings? If not, do I seek to learn more and pray to come to an understanding?
- Do I pray every day?
- Does my faith play a role in my everyday life? Does my faith make a difference in my life and the lives of those around me?
- Am I honest with myself and with God about my own sinfulness and the damage that it does in my life in Christ? Do I acknowledge that I need God?

### **Whoever says he is in the light, yet hates his brother, is still in the darkness.**

- Do I hate anyone?
- Am I able to truly forgive others? Or do I hang on to the pain and mistrust? Do I brood over wrongs others commit?
- Am I quick to judge others? Am I jealous of other people? Do I look down on others of different gender, orientation, race, or financial status?
- Am I humble? Do I feel superior to others?
- Am I preoccupied with wanting more money? possessions? popularity?
- Am I quick to speak harshly to (or about) others - those I love, as well as strangers?
- Do I judge (or hate) others because they belong to another church? worship differently than I? have more or less money or possessions than I have? hold different political views than I do?
- Do I gossip? Have I ruined another’s reputation? Am I quick to pass on rumors?

### **Whoever hates his brother is in darkness; he walks in darkness and does not know where he is going because the darkness has blinded his eyes.**

- Do I admit that I am a sinner? Do I seek forgiveness from God and from those I have wronged? Am I quick to excuse my own sins as “not so bad?”
- Do I earnestly work and pray to identify and stop behavior that is sinful?
- Am I addicted to alcohol, drugs, money, or sex?
- If married, am I faithful to my spouse? If single, am I living a chaste life?
- Do I visit inappropriate websites? Do I view pornography?
- Do I rationalize behaviors that are contrary to the message of the Gospel and to Church teachings?
- Have I cheated on my taxes or taken part in financial transactions that hurt others?
- Am I abusive - physically or emotionally - of a spouse or child? Do I try to control others?
- Am I willing to forgive others? Do I forgive myself? Do I hate myself?
- Do I seek to reconcile with others, even those who have harmed me, because of my love of God? Do I ask God for help loving those who are most difficult to love?
- Do I endure the trials of my life with trust in God? Am I willing to bear the cross of Christ? Do I ask God for help?