

## *An Examination of Conscience for Single Persons*

### **Responsibilities to God:**

Have I gone to Mass every Sunday? Have I participated at Mass?  
Have I prayed every day (15-20 minutes)?  
Have I read the Bible? Have I studied the truths of our faith and allowed them to become more a part of the way I think and act? Have I read any spiritual books or religious literature?  
Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God?  
Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life?  
Have I been financially generous to the Church? Have I participated in parish or religious activities?  
Have I held resentments toward the Church or Church authorities? Have I forgiven them?

### **Responsibilities to others and to myself:**

Have I been rebellious, disobedient or disrespectful to anyone in authority?  
Have I lied to or deceived others—friends, boss, or co-workers?  
Have I been arrogant and stubborn?  
Have I gotten angry or nurtured and held grudges and resentments?  
Have I refused to forgive others—parents, relatives, employers, former friend, a former spouse? Have I cultivated hatred?

Have I felt sorry for myself or nurtured self-pity?  
Have I looked at others lustfully?  
Have I read pornographic literature or looked at pornographic pictures, shows or movies?  
Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?  
Have I had an abortion or encouraged another to have one?  
Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?

### **Responsibilities to society:**

Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?  
Have I allowed the Gospel to influence my political and social opinions?  
Have I had a proper Christian concern for the poor and needy?  
Have I paid my taxes?  
Have I fostered or nurtured hatred toward my ‘political’ opponents, either local, national or international?  
Have I been prejudiced toward others because of race, color, religion or social status?

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## *An Examination of Conscience For Teens & Young Adults*

### **Responsibilities to God:**

Have I gone to Mass on Sunday or have I rebelled and been stubborn about going to Mass?  
Did I participate in the Mass?  
Have I prayed every day?  
Have I read the Bible?  
Have I been rebellious toward God and his commands?  
Have I misused the name of God by swearing and cursing?  
Have I told the Father that I love him for creating me and making me his son/daughter?  
Have I thanked Jesus for becoming man, dying for my sin and rising to give me eternal life?  
Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God’s commands?

### **Responsibilities to others and myself:**

Have I been rebellious, disobedient or disrespectful to my parents, teachers and those in authority over me?  
Have I lied to or deceived my parents or others?  
Have I been arrogant and stubborn?  
Have I talked back to my parents or those in authority?

Have I gotten angry or nurtured and held grudges and resentments? Have I refused to forgive others?  
Have I cultivated hatred?  
Have I looked at others lustfully?  
Have I read pornographic literature or looked at pornographic pictures, shows or movies?  
Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?  
Have I had an abortion or encouraged another to have one?  
Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?  
Have I lied or cheated? Have I stolen anything? Have I paid it back?  
Have I been selfish or spiteful toward others? Have I been jealous?  
Have I gotten drunk, or taken drugs?  
Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, channeling, astrology?  
Have I been patient, kind gentle and self-controlled?  
When my conscience told me to do something good, did I do it or did I ignore it?

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