

Have I been greedy with my possessions and refused to share with others? Have I been greedy with my money and refused to assist the poor and suffering?  
Have I used my money responsibly?

**8. God asks me to be honest and truthful.**

How have I failed to be honest? Have I told a lie?  
Have I exaggerated a story? Have I blamed someone else falsely? Have I gossiped? Have I broken a promise?  
Have I cheated in my school work? Have I committed plagiarism? Have I cheated in sports?

**9. God asks me to love everyone I meet.**

How have I treated another person as an object, and not as a person deserving of love?  
Have I been jealous of another person's abilities or physical appearance?  
Have I entertained impure thoughts about another person?  
Have I watched movies or television shows that show impure acts? Have I read books that describe impure acts?  
Have I looked for and found immodest images?

**10. God asks me to be grateful for the gifts He has given me.**

How have I failed to be content with what I have?  
Have I been jealous of the possessions of another person?  
Have I allowed myself to be preoccupied with the possessions I want? Have I nagged my parents to get me something?  
Have I allowed my love for objects to become stronger than my love for God or other people? Have I been generous?

Jesus, I am truly sorry for my sins. Help me make a good confession.

Amen.

# EXAMINATION OF CONSCIENCE FOR FAMILIES

Lord Jesus Christ, You came to earth to set us free from sin and death. Please send your Holy Spirit to be with me as I examine my conscience and prepare to confess my sins in the Sacrament of Reconciliation.

### **1. God is my Father and He asks me to love Him above anything else.**

How have I failed to love God? Is God number one in my life? Do I strive to please Him before anyone else? Have I failed to prioritize my time in prayer? Have I failed to show proper reverence to holy things, most especially the Holy Eucharist?

Have I received the Eucharist in a state of mortal (serious) sin? Have I idolized sports, music, or a celebrity?

### **2. God asks me to honor His Holy Name.**

How have I failed to honor God in my words? Have I misused God's Holy Name? Have I spoken about God with disrespect? Have I spoken disrespectfully about the things that God has made holy, like Mary the Mother of God, heaven, or the human body?

Have I deliberately or inadvertently spoken about God in a way that might have planted seeds of doubt or disrespect in others?

### **3. God gave me Sunday as a gift. He asks me to keep it holy and restful.**

How have I failed to keep Sunday's holy?

Have I failed to attend Holy Mass each Sunday?

Have I failed to attend Holy Mass on Holy Days of Obligation?

Have I given in to distraction or poor behavior while in Mass?

Have I refrained from unnecessary work on Sundays?

### **4. God asks me to respect my parents and all those who have rightful authority over me.**

How have I failed to respect my parents?

Have I disobeyed my parents?

Have I spoken disrespectfully to my parents?

Have I lied to my parents? Have I struck or hit my parents?

Have I done my household chores without complaint?

Have I faithfully, and to the best of my ability, completed my schoolwork?

Have I failed to show respect to my teachers?

Have I failed to show respect to my parish priest?

Have I failed to show respect to police officers or to obey just laws?

### **5. God asks me to treat every person as a sacred gift because they are created in His image.**

How have I failed to value all living beings?

Have I acted recklessly in a way that endangered my life and health or the life and health of others?

Have I mistreated someone else because they belong to a different race or religion?

Have I mistreated someone else because they are disabled, younger, or older than me?

Have I given in to anger and acted out in anger?

Have I held a grudge?

### **6. God asks me to respect the gift of my body and the bodies of others.**

How have I failed to fully respect the gift of my body?

Have I dressed in a way that does not honor the dignity of my body?

Have I spoken about my body or the body of another person in a way that is disrespectful?

Have I taken good care of my body, both in terms of hygiene and health?

### **7. God asks me to respect the property of others.**

Have I failed to respect property that does not belong to me?

Have I stolen something from another person? Have I stolen something from a store?

Have I deliberately damaged the property of another person?