

Examination of Conscience for Confession

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind...

- Do I believe everything God has revealed and the Catholic Church teaches us, or do I have doubts about matters of faith?

- Do I do things related to God half-heartedly? Do I pray frequently and attentively?

- Have I approached any sacrament unworthily?

- Have I spoken irreverently?

- Have I missed Mass on Sundays or holy days of obligation through my own fault and without a serious reason? Do I live holy days and weekends as a Christian?

...and your neighbor as yourself.

- Do I show respect and affection to my parents? Do I obey them joyfully? Do I help with household chores? Do I argue with my siblings or insult them?

- Do I respect my teachers and counselors?

- Have I assaulted anyone or participated in fights?

- Have I harmed or endangered my life or health by breaking traffic laws or disturbing the peace during nighttime hours?

- Have I drunk or eaten excessively, or taken drugs?

- Have I harmed my friends or colleagues through deceit, trickery, or threats? Am I envious and resentful when others succeed, or am I happy when they fail?

- Am I loyal and sincere with my friends? Do I pray for them and forgive their faults?

- Have I committed impure acts? Have I indulged in impure thoughts, desires, or feelings?

- Have I watched indecent videos, programs, magazines, or viewed indecent images?

- Have I taken things that are not mine?

- Am I generous and share my possessions with others, or am I stingy and don't lend anything to anyone? Am I capricious? - Do I help by praying and assisting, if I can, the many people who suffer from hunger, illness, or loneliness, and do I try to help them as much as I can?

- Do I study diligently and thoroughly, and do I fulfill my student responsibilities? Do I try to finish my work well?

- Have I told any lies?