

How to Make an Examination of Conscience

Recall your sins. Prayerfully ask yourself what you have done with full knowledge and full consent against God's and the Church's Commandments.

- Is my heart really set on God? Do I trust in God's love and mercy? Do I love God above all things and am I faithful to what He asks? Do I pray every day? Have I thanked God for the blessings given to me?
- Is my faith in God secure? Have I tried to grow in my faith and to deepen my love for God? Have I been careful to hear God's Word in scripture and in Church teaching? Am I wholehearted in accepting the Church's teaching?
- Did I take the name of God in vain? Did I curse or take a false oath?
- Did I miss Mass on Sunday or on holy days of obligation through my own fault? Am I attentive at Mass? Did I fast and abstain on the prescribed days?
- Did I disobey my parents or lawful superiors in important matters? Was I disrespectful? Did I hate or quarrel with anyone, or desire revenge? Did I refuse to forgive?
- Do I respect life? Did I recommend, advise, or actively take part in an abortion, in euthanasia or in other threats to human life?
- Do I take care of my body? Did I engage in impure conversations or actions? Did I use artificial means to prevent conception? Did I use others for my own pleasure?
- Was I unfaithful to my spouse? Did I engage in sexual activity outside of marriage?
- Did I steal or damage another's property? Have I been honest and just in my business relations?
- Have I been responsive to the needs of the poor and respected the dignity of others?
- Have I told lies? Have I hurt others by damaging their reputation, honor, or material possessions? Did I judge others rashly?
- Have I envied other people?

- Courtesy of the Archdiocese of Baltimore, MD