

# An Examination of Conscience

You examine your conscience to help you live as a child of God.  
You ask yourself if you are living as Jesus wants you to live.  
You ask for the help of the Holy Spirit to be more like Jesus.  
Ask yourself how you act toward:

## God

Do I talk to God every day?  
Do I say God's name only in a prayerful way?  
Have I missed Mass on Sunday through my own fault?  
Am I trying to trust God like Jesus did?

## Myself

Do I do things that will help me grow as God wants?  
Do I take care of what I have?  
Do I care for the things of the earth?  
Do I thank God for the gifts and talents God has given me?

## My Family, My Friends, and Other People

Do I do my chores well, or do I have to be asked?  
Do I try to do my best at school?  
Do I obey my parents and show them respect?  
When someone who is taking care of me asks me to do something good, do I obey?  
Am I generous? Do I share what I have with others, especially those in need?  
When I am angry, do I talk about it, or do I say or do things to hurt whoever hurt me?  
Do I say I'm sorry to the person I have hurt, and I forgive you to the person who has hurt me?  
Do I play fair, or do I ever cheat at school, work, or games?  
Have I taken something that doesn't belong to me?  
Do I tell the whole truth or do I let people believe something that isn't true?  
Am I jealous of what other people have?