

Examination of Conscience

12 - 14 Year Old

“I, the Lord, am your God. You shall not have other gods besides me.”

Have I treated anything (sports, games, popularity, phone, or friends) as more important than God?

Do I make time to pray each day?

Are there times where I haven't trusted in God?

Do I try to do what Jesus would do?

“You shall not take the name of the Lord, your God, in vain.”

Have I mocked or judged religious people or made fun of faith?

Have I misused God's name or Jesus' name - maybe as a swear word?

“Remember to keep holy the Lord's day.”

Have I attended Mass on Sundays?

Do I pay attention and participate in Mass?

“Honour your father and your mother.”

Do I speak to my family with respect, or do I talk back and argue?

Have I helped at home or have I been lazy?

Do I show respect to teachers, school staff, and others in authority?

“You shall not kill.”

Have I hurt anyone with my words or actions?

Have I bullied, been unkind, or excluded others?

Do I forgive others or do I hold grudges?

Do I take responsibility for my mistakes, or do I blame others?

Have I been kind, patient, and forgiving?

Have I taken care of my body, mental and physical health?

“You shall not commit adultery.”

Have I looked at or shared inappropriate pictures or videos?

Have I used bad language or told inappropriate jokes?

“You shall not steal.”

Have I taken anything that isn't mine - even small things?

Have I copied homework or cheated on tests?

“You shall not bear false witness against your neighbour.”

Have I told lies or changed the truth?

Have I gossiped or spread rumours?

Have I told secrets I should have kept?

Have I encouraged someone to do something wrong?

“You shall not covet your neighbor's wife.”

Do I treat others as people, not as objects?

Do I respect my body and the bodies of others as gifts from God?

“You shall not covet your neighbour's goods.”

Have I been jealous of what others have?

Am I thankful for what I have?

Examination of Conscience

15 - 18 Year Old

“I, the Lord, am your God. You shall not have other gods besides me.”

Do I make time to pray each day?

Are there times where I haven't trusted in God?

Have I treated anything as more important than God?

Have I practiced or shown interest in superstitions, horoscopes, or anything against faith?

“You shall not take the name of the Lord, your God, in vain.”

Do I show reverence in church and toward sacred things?

Do I use God's name with respect, or have I used it in anger or carelessly?

Have I mocked or judged religious people or made fun of faith?

Do I swear or use hurtful language?

“Remember to keep holy the Lord's day.”

Have I attended Mass on Sundays?

Do I pay attention and participate in Mass?

“Honour your father and your mother.”

Do I show respect, love, and gratitude to my family?

Do I listen to them and follow reasonable rules?

Have I lied to them or not told them the truth?

Have I helped at home or have I been lazy?

Do I show respect to teachers, school staff, and others in authority?

“You shall not kill.”

Have I hurt anyone physically or emotionally?

Have I spoken wrongly, bullied, or gossiped about others?

Have I used alcohol, drugs, or vapes, or encouraged others to do so?

Do I care for my mental and physical health?

“You shall not commit adultery.”

Have I engaged in sexual activity outside of marriage?

Have I viewed or shared pornography or sent inappropriate photos?

Do I respect others' dignity, or do I treat people as objects for my own pleasure?

“You shall not steal.”

Have I taken or “borrowed” things that don't belong to me?

Have I copied homework, cheated on tests, or plagiarised?

“You shall not bear false witness against your neighbour.”

Have I lied, exaggerated, or twisted the truth?

Have I spread rumors or talked behind someone's back?

Do I speak truthfully and kindly on social media?

Am I honest about who I am, or do I pretend to be someone else to impress others?

“You shall not covet your neighbour's wife.”

Do I control my desires and thoughts, or do I feed them with what I watch or listen to?

Do I respect my body and the bodies of others as gifts from God?

Do I treat others as people, not as objects?

“You shall not covet your neighbour's goods.”

Am I grateful for what I have, or do I always want more?

Have I been jealous of what others have?

Am I thankful for what I have?