

Examination of Conscience

We are made to be children of God. God shows love to us all the time, helping us to love one another. That love is the beginning of our relationship with God and others.

- Do I spend time noticing God and praying?
- Do I participate in Mass?
- Do I try to learn about God from my parents, my teachers, and others in my life?
- Do I pray for myself and for others?
- Do I take opportunities to help others as God has asked me to?

God gave each of us a family. It is different than any other family and made of people who love us deeply. Family is our first experience of Church.

- Have I listened to my parents?
- Am I honest to my parents, or have I lied?
- Do I always have to get my own way, or do I sometimes give in for my family members?
- Do I help my family by doing chores at home?
- Do I show my brothers and sisters that I love them, or am I sometimes mean?
- Am I grateful for my family and all they do for me?

Beyond our family, God has given us friends to help us be good people. Friends form a community where we can laugh and be ourselves – hopefully our best selves.

- Do I play fairly with others and share what I have with others?
- Do I speak badly or gossip about others?
- Do I defend the people that others may talk badly about?
- Am I welcoming to others at lunch or in class?

Each of us has our own jobs. For the parents, it may be a way to earn money or raising a family. For children it is often being a student. Whatever we do, we should do it with love.

- Do I do my best at work or school?
- Do I cooperate with my teachers, classmates or coworkers?
- Do I do my homework and other schoolwork the best I can? Do I ever cheat or take shortcuts?
- Do I disrupt the class so others cannot learn?

All of the groups we are in – family, friends, school or work – make us into who we are. God wants us to be the best versions of ourselves, but we have to work at that constantly.

- Do I try to behave? Do I steal or lie or swear?
- Do I respect my own belongings and those of others?
- Do I seek attention by misbehaving?
- Do I let anger the best of me and act out on it?
- Am I only concerned with what I want, and not what others need?