

Sample Examination of Conscience for Teens

1. Responsibilities to God:

Have I gone to Mass on Sunday or have I rebelled and been stubborn about going to Mass?

Did I participate in the Mass or did I daydream?

Have I prayed every day?

Have I read the Bible?

Have I been rebellious toward God and his commands?

Have I misused the name of God by swearing and cursing?

Have I told God that I love Him for creating me and making me his son/daughter?

Have I thanked Jesus for becoming man, dying for my sin and rising to give me eternal life?

Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

2. Responsibilities to others & myself:

Have I been rebellious, disobedient or disrespectful to my parents, teachers and those in authority over me?

Have I lied to or deceived my parents or others?

Have I been arrogant and stubborn?

Have I talked back to my parents or those in authority?

Have I gotten angry or nurtured and held grudges and resentments? Have I refused to forgive others? Have I cultivated hatred?

Have I engaged in sexual fantasies? Have I looked at others lustfully?

Have I read pornographic literature or looked at pornographic pictures, shows or movies?

Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?

Have I had an abortion or encouraged another to have one?

Have I gossiped about others? Have I slandered anyone? Have I told lies about others?

Have I mocked or made fun of others?

Have I lied or cheated? Have I stolen anything? Have I paid it back?

Have I been selfish or spiteful toward others? Have I been jealous?

Have I gotten drunk, or taken drugs?

Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, channeling, astrology?

Have I been patient, kind, gentle and self-controlled?

When my conscience told me to do something good, did I do it or did I ignore it?

