

Examination of Conscience

- To what extent have I spent time in prayer and have I included God in my daily life?
- Have I treated people, events, or things as more important than God?
- Am I actively living my Catholic faith and, if I have them, raising my children in the faith?
- Have I been ashamed to speak about my faith?
- Have my words, actively or passively, put down God, the Church, or people?
- Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation?
- Do I look for ways to spend time with family or in service on Sunday?
- Do I use my gifts and talents to serve God?
- Do I care for those around me or do I use them to get what I want?
- Do I show respect to both those in positions of legitimate authority and those who are under my authority (including my children if I have them)?
- Have I taken or wasted time or resources that belonged to another?
- Am I lazy?
- Have I harmed others through physical, verbal, or emotional means?
- Do I look down on those who are different from me?
- Have I gossiped, told lies, or embellished stories at the expense of another?
- Have I respected the physical and sexual dignity of others and of myself?
- Have I honored my spouse (if married) with my full affection and exclusive love?
- Am I content with my own means and needs, or do I compare myself to others unnecessarily?
- Do I seek to fill what is lacking in my life with material possessions?
- Am I moving toward addiction to drugs, alcohol, gambling or pornography?
- Am I sincerely sorry for the things I have done wrong?



ARCHDIOCESE OF
NEW ORLEANS

Visit us at <http://NOLACatholic.org>

