

Examination of Conscience

This practical Examination of Conscience is provided to assist you in preparing for the Sacrament of Reconciliation. . The questions below, though not exhaustive, are based on the Ten Commandments, Precepts of the Church, Seven Capital Sins and Theological Virtues.

1. Have I been faithful to weekly Mass attendance and Holy Days of Obligation? If not, how many times have I missed?
2. Do I have a strong belief in Jesus Christ truly present in the Eucharist?
3. Do I try to nurture my spiritual life by finding time for daily prayer and meditation?
4. Have I put other things before God? Material goods? Money? Power?
5. Am I greedy?
6. Have I taken the Lord's name in vain? Have I cursed others?
7. Do I have a problem with lust? Do I view pornographic materials? Have I had sexual intercourse outside of the Sacrament of Marriage?
8. Do I ever tempt God by relying on my own strength to cope with the trials of my life?
9. Do I unnecessarily read or listen to those who oppose or belittle what I know are truths of my Catholic faith? Do I easily dismiss any teachings of the Church?
10. Do I make a serious effort to resolve difficulties that may arise about my faith? Do I defend my faith?
11. Do I fail in the virtue of hope by my attachment to the things of this world?
12. Do I try to see everything from the viewpoint of eternity?
13. Am I confident, that with God's grace, I will be saved?
14. Do I allow myself to worry about my past life and thus weaken my hope in God's mercy?
15. Do I love God?
16. Have I failed in charity by speaking unkindly about others? Have I directly confronted situations or allowed anger and resentment to fester? Have I gossiped? Have I done everything possible to resolve issues in my life or have I simply walked away?
17. Did I try to carry on a conversation today with someone who is difficult to talk to?
18. Have I allowed my mood to prevent me from being thoughtful of others today?
19. Am I given to dwelling on other people's weaknesses or faults?
20. Do I try to control my uncharitable thoughts as soon as they arise in my mind?
21. Do I respect my body? Have I disrespected it with an abuse of drugs or alcohol?
22. Have I controlled my emotions when someone irritated me?
23. Have I given due honor to my parents or guardian? Do I listen to their advice?
24. If an employer, do I respect the need of those under my charge to worship on Sunday or Saturday afternoon? Or, do I dismiss their requests or needs?
25. Do I take seriously the request to fast one hour before receiving Holy Communion?
26. Have I received the Eucharist while in the state of serious sin?
27. Have I made use of superstitious practices or idolatry?
28. Do I try to refrain from unnecessary work on Sundays and make family commitments a priority?
29. Have you stolen anything from anyone? Was it returned? Have you stolen from your parents?
30. As a parent, do I try to give good example to my children by attending Mass regularly and frequenting the other sacraments, like reconciliation? Have I given them bad example in word or deed? Have I been faithful to the promises I made at their Baptism?
31. Have I betrayed the confidence of another?
32. Have you been guilty of anger or violent passion?
33. Have you desired anyone's death, through hatred or malice?
34. Have you had an abortion or counseled someone else to do so?
35. If a doctor, have you performed an abortion?
36. Have you done anything to shorten your own or any other's life or to hasten death?

37. Have you neglected to give alms according to your condition and ability? Do you financially and spiritually support the mission and work of the Church?
38. Have you been guilty of any acts of impurity?
39. Have you caused any damage to your neighbor whether emotionally or spiritually? Have you damaged any of your neighbor's goods?
40. Have you contracted debts without intention to repay them?
41. Do I treat others with respect and see within them the image of God?
42. Do I greet people cordially in public places and sincerely place their well being above my own?
43. Have you been guilty of backbiting, or uncharitable conversation, by speaking of the known faults of your absent neighbor? Have I lessened the reputation of my neighbor?
44. Have I lied?
45. Have I been the cause of a disagreement between other parties?
46. Have I allowed myself to be swayed by that which is socially popular even though it goes against my faith or priorities?
47. Have I been faithful to the days of fast and abstinence as directed by the Church?
48. Do you suffer from apathy? Am I lazy? Are you willing to become involved in the social imperatives of the Gospel? Do you seek true Gospel justice or retribution? Do you work to make right what is wrong?
49. Are you willing to forgive those who hurt you or are a threat to you without seeking revenge or retribution?
50. Am I cautious in the way I drive? Do I obey speed limits and other rules that help to ensure the safety of others?
51. Have I been jealous?
52. Have you squandered away much of your time in idleness or useless occupation?
53. Whether husband or wife, lawyer or physician, or any other profession or calling, have you neglected the duties of your respective calling or abused privileges?
54. Am I careful in choosing the movies I see or the type of entertainment I enjoy?
55. Do I actively show care and concern for the environment? Do I respect animals?
56. Am I a good steward; taking stock in how I use my time, talent and treasure? Is the Kingdom of God first and foremost in my mind?
57. Do I suffer from pride? Namely, an unrestrained appreciation of my own worth?
58. Do I further oppress the poor by neglect or indifference?
59. Have I provoked anyone to sin?
60. Do I find myself defending the wrong choices made by others?
61. If in a marriage outside of the church, namely one not contracted in the presence of a priest, have I done all in my power to correct it? Have I sought the advice of my pastor?
62. Have I abused the internet? Have I gone against the advice of my parents in this regard?
63. Do I see the Beatitudes (Matthew 5:1-12) as a blueprint for my life?
64. Am I guilty of any sins of omission?
65. Do I truly try to understand the needs of others?
66. If involved with any ministry in the church, do I share my talents gladly for the greater glory and service of God or more for self fulfillment?
67. Do I understand the impact that sin can have in my life and the life of others?
68. Do I fully participate in the Liturgy of the Eucharist by singing and actively praying the prayers of the Mass? Am I on time for liturgy? Do I rush to leave?
69. How often have I complained, even internally?
70. Have I been stubborn in asserting my own will?
71. Have I performed any sacrifice today for someone?
72. Have I used others, in any way, solely for personal gain?
73. Am I quick to judge the actions of others? Do I place "loads too big to carry" on other people's shoulders?
74. Am I compassionate?