

NOTES

**AN EXAMINATION OF CONSCIENCE FOR
YOUNG PEOPLE**

My Life with God:

Do I think of God during the day and talk with Him in my own way?

Do I pray each day?

Do I make a sincere effort to participate in Mass?

Do I try to learn about God by reading or attending education programs?

Do I have confidence in God in the midst of troubles?

Do I see God and love Him in other persons?

Do others respect and love God because of my example?

Do I pray and attend Mass only out of a sense of obligation or because I love God?

Is God real in my life, a close friend, someone I feel comfortable with?

My Life with Others:

Am I honestly and sincerely able to say I love my neighbor as myself?

Do I love those around me, especially my family and my classmates?

Do I try to dominate others, using little tricks to have my way?

Am I selfish in my love, trying to monopolize others, fearing that their love for others diminishes their love for me?

Do I willingly share what I have with others, especially with my own family?

Do I argue over money?

Do I respond to the needs of others in my family?

Am I honest in conversation with others, willing to appear in a bad light rather than deceive them?

Am I respectful of others? Of the poor? Of members of other races? Of the people who do not agree with me?

Do I associate only with those whose friendship might be helpful to me? Or do I try to be friends with those who have nothing to give to me?

Do I look upon others as images of God and brothers and sisters in Christ? Do I respect their body and their person? Do I take advantage of their need for love and acceptance for my own pleasure?

Do I talk too much about myself and not really listen to what others have to say?

Do I honor my parents and others who carry the burden of leadership in the world?

Am I honest in my business dealings, in my payment of debts, in my shopping habits?

Am I understanding of the faults and oddities of others?

Do I feel real anguish with the sufferings of others?

Have I been obedient?

Have I talked idly and indiscreetly about the faults of others?

Have I made little of the experience and intelligence of others, claiming to be better educated or more intelligent than they?

My Life within Myself:

Do I accept being the person I am, realizing that I am the very best of God's creation?

Do I treat myself with respect and reverence? Have I mistreated my own body, God's holy

temple, through improper use of drugs, alcohol, sex?

Am I developing the talents God gave me? Do I study, read, pray?

Do I let discouragement overpower me and become morose and depressed?

Am I trying to make friends with others?

Have I excused myself from guilt because "everyone is doing it"?