

EXAMINATION OF CONSCIENCE FOR YOUNG PEOPLE

Love & Respect

The word '*examine*' means "to look at carefully." In our examination of conscience we ask the Holy Spirit to help us take a careful look at how we are living as children of God.

We examine our conscience to help us live as children of God and followers of Jesus. We ask ourselves how well we are living or not living as Jesus taught us. We think about the Ten Commandments, the Beatitudes, and what the Church teaches us.

We can ask ourselves questions like these, prior to celebrating the Sacrament of Reconciliation:

How am I showing or failing to show my love and respect for God?

- Do I spend time praying, and listening to God's word at Mass?
- Do I speak God's name or Jesus' name respectfully? Or have I spoken God's name or Jesus' name when I was mad, angry, or to impress my friends?

How am I showing or failing to show my love and respect for other people and myself?

- Do I respect my parents, teachers, and others who have the responsibility to care for me? Do I cooperate with them and obey them, doing what they ask of me?
- Do I do what parents ask of me, without pouting, or arguing with them?
- Do I try my hardest in school?
- Do I care for my health and follow safety rules?
- Do I treat other people fairly and with kindness? Or have I been mean to others?
- Do I invite others to play with me? Or do I want to play with the popular kids only?
- Am I generous? Do I share what I have with others, especially people in need? Or have I been greedy?
- Am I truthful? Or have I lied to get out of trouble or to get someone else into trouble?
- Do I fight with my brothers and sister?