

Examination of Conscience for Young People

“How Do I Love?”

We know God is always ready to forgive us. Because God is merciful, we can honestly admit our sins and show our sorrow.

Think about Jesus’ Great Commandment, the Beatitudes, and the Ten Commandments, as you reflect on these questions:

My Love for God

- Do I use God’s name respectfully?
- Do I pray?
- Do I go to mass on Sundays?

My Love for Myself

- Do I care for my health?
- Do I improve my talents by study and practice?
- Do I respect my body?

My Love for Others

- Do I treat others fairly and with respect?
- Do I obey my parents and those responsible for me?
- Do I tell the truth?
- Do I respect others’ bodies and belongings?

My Love for the World

- Do I use things with care?
- Do I respect the environment?
- Do I respect things that belong to others?
- Do I share what I have with those who have less?