

THINKING ABOUT MY ACTIONS: an examination of conscience

1. What happened today that makes me feel good and happy? What happened today that I feel sad about? What did I do to make someone else happy today?
2. When do I pray and talk to God? What is first in my life (sports, shopping, family, toys, TV, etc.)? What place does God have in my life and the life of my family?
3. Do I have reverence for God's name? Do I ever use rude or crude words? Do I use the name of God to express anger or disappointment, even in joking?
4. Do I participate in the Sunday liturgy? Do I have reverence for the persons, places, and things in church? How important is my parish to me? Do I share my time, talent, and treasure with others?
5. How do I honor my parents? Do I show respect for my teachers, coaches, catechists, grandparents, and others who guide and care for me? Do I ever cause my parents to get angry or impatient with me?
6. How do I care for my pets? Do I show love and care for those in my family who are younger than me? Do I thank God for the gift of life? Do I care for creation? Do I fight on the playground or act as a bully at school or at home?
7. Do I take care of space around me that is just my space, for example, my bedroom? Do I take care of my body as a holy gift from God? Do I respect other people's private space?
8. Do I respect what belongs to others? Do I take things that belong to others? Do I ever take things from stores? Do I take good care of my own things? How do I care for nature and other God-given gifts?
9. Do I tell the truth no matter what? Do I think "little" lies are all right? Do I say bad things about others that may not be true? Do I harm the good name of others?
10. Am I jealous of others or what they have? Do I always want more than I have or am I satisfied with what I have? How do I care for my needy sisters and brothers?

