

Examination of Conscience

Jesus tells us about two Great Commandments to help us to do what is good and to live the way that God wants us to live. Jesus says:

You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.

You shall love your neighbor as yourself.

Love God with All Your Heart:

Do I think about God and pray to God every day?

Do I ask for God's help when I am tempted to sin?

Do I think it is important to go to church and pray with other members of the Christian community?

Do I say God's name with love rather than using God's name carelessly or in anger?

Do I thank God because He loves me and because He gives me many people who love and care for me?

Do I ask God to forgive me when I sin or make unloving choices?

Love Your Neighbor:

Do I love, respect, and obey my parents by not talking back to them and doing what they ask?

Do I follow my parents' rules even when they can't see me?

Do I respect and obey my teachers?

Do I share with my brothers, sisters, and friends and speak kindly to them?

Do I always tell the truth and not lie even though I might get scolded or punished for something I have done wrong?

Am I honest about doing my own homework rather than copying from my friends?

Do I play games fairly and not cheat just to win?

Do I respect what belongs to others and not feel jealous because someone has something that I want?

Do I keep my temper and not be angry or say rude things to others?

Am I kind to others and not hurtful?

Do I ask others to forgive me when I have hurt them, and do I forgive others when they ask me?

Love Yourself:

Do I take good care of my body by eating good food, trying to get enough sleep, and being active?

Do I do my best at home and school?

Do I love myself because I know that God loves me?