

Examination of Conscience – for teenagers

DEACON DOUGLAS MCMANAMAN

1. You shall have no other gods besides the Lord your God.

- † Do I love God above all things? Is He number one in my life or do I put myself before God?
 - † Has money and pleasure become more important to me than the God who created me for Himself?
 - † Do I pray often? Have I neglected my friendship with God by neglecting prayer?
 - † Have I been involved with occult or superstitious practices, i.e., fortune telling?
 - † Have I ever received Holy Communion in the state of mortal sin?
 - † Have I told a lie in confession or deliberately withheld confessing a mortal sin?
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2. You shall not take the Lord your God's name in vain.

- † Have I ever committed perjury, that is, lied under oath in a court of law?
 - † Have I ever lied after "swearing to God" that I am telling the truth?
 - † Have I ever used God's name out of anger, that is, as a curse?
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3. Keep the Sabbath day holy.

- † Have I deliberately missed Holy Mass on the Sabbath (Saturday evening through Sunday)?
 - † Have I ever missed Mass on a Holy Day of Obligation or an important holiday in the liturgical calendar (i.e., Holy Thursday, Good Friday, Easter Sunday, Christmas, Mary the Mother of God, etc.,)?
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4. Honor your father and your mother so that you may live long and flourish.

- † Do I disobey my parents?
 - † Do I fail to respect them?
 - † Do I swear at them?
 - † Am I ashamed of them?
 - † Do I let them know I love them?
 - † Do I lie to them?
 - † Do I steal from them?
 - † Am I obeying and honoring those in place of my parents, such as teachers and principals?
 - † Do I skip class?
 - † Do I lie to my teachers?
 - † Do I swear at them?
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5. You shall not kill.

- † Am I killing myself by taking illegal drugs, such as marijuana?
 - † Abusing alcohol?
 - † Have I had an abortion?
 - † Have I ever counseled anyone to have an abortion?
 - † Do I stand up for the unborn child's right to life, or have I merely accepted society's anti-life mentality?
 - † Have I used abortifacient contraceptives or encouraged anyone to do so?
 - † Have I sterilized myself in any way or encouraged anyone to do so?
 - † Did I participate in or approve of euthanasia or "mercy-killing"?
 - † Have I murdered anyone's reputation by deliberately spreading rumours or keeping rumors alive by passing them on?
 - † Do I nurse anger against anyone?
 - † Hold a grudge?
 - † Refuse to forgive another?
 - † Have I cursed anyone?
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6. You shall not commit adultery.

- † Have I ever had sex with anyone?
 - † Have I had sex with myself?
 - † Have I ever watched pornography either on the Internet or through some other media?
 - † Have I ever freely and deliberately entertained impure thoughts?
 - † Have I practiced any form of contraception?
 - † Am I modest in dress?
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7. You shall not steal.

- † Do I steal from my parents?
 - † Do I steal from friends?
 - † Have I ever stolen from a stranger?
 - † Have I stolen any property from a store?
 - † In other words, have I ever taken what rightfully belongs to another?
 - † Do I gamble excessively?
 - † Do I seek to share what I have with the poor and needy?
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8. You shall not bear false witness against your neighbor.

- † Am I a liar?
 - † Am I guilty of detraction, that is, making known the faults of others?
 - † Am I guilty of slander, that is, spreading lies about someone?
 - † Do I gossip about others?
 - † Do I reveal information that should be confidential?
 - † Am I "two-faced", that is, have I been a certain kind of person to some people, but a completely different kind of person to others?
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9. & 10. You shall not envy your neighbor's wife and goods.

† Am I envious of others?

† Do I wish that others be deprived of the goods or talents that are theirs?

† Am I jealous of others?

† Do I harbor unforgiveness and grudges against others?

† Am I a resentful person?

† Do I put down others?

Act of Contrition:

O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, Who are all-good and deserving of all my love. I firmly intend, with your help, to sin no more and to avoid whatever leads me to sin.