



EXAMINATION OF CONSCIENCE: TEENS 13+

Apply the following to the time since your last Sacramental Confession or if you remember something not confessed in the past.

[1] I am the Lord your God. You shall not have strange gods before me.

- Do I love God above all things?
- Do I pray and give quality time to God every day?
- Is anything or anyone in my life more important than God?
- Have I turned my back on God?
- Have I doubted God's love in difficult times?
- Has money and pleasure become more important to me than the God who created me for Himself?
- Have I been involved with occult or superstitious practices (fortune telling, palm readers, witchcraft, lucky charms, etc.)?
- 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?
- Have I given into sin thinking that I can just go to confession afterwards? Have I spoken with disrespect of priests, sacred objects, or Catholic teachings?
- Do I use my gifts to glorify God?
- Do I take religion class, teachings, mass seriously?

[2] You shall not take the name of the Lord your God in vain.

- Have I ever used the name of God, Jesus, Mary or any other Holy Name in anger, surprise, disappointment or disrespectfully?
- Have I sworn on the name of God?
- Do I speak about the Faith, the Church, the saints, or sacred things with irreverence, hatred or defiance?
- Do I watch movies, or listen to music that treats God, the Church, the saints, or sacred things irreverently?
- Have I used vulgar, suggestive, or obscene speech?
- Do I behave disrespectfully in Church?
- Have I made a false promise?

[3] Remember to keep holy the Lord's Day.

- Have I deliberately missed Mass on a Sunday or on a Holy Day of Obligation?
- Do I strive to make Sunday a day of prayer and rest?
- Do I have a positive attitude toward my family when attending Mass? Have I allowed myself to be distracted during Mass?
- Have I neglected prayer and going to church due to sports, social functions, homework, or just plain laziness?

[4] Honor your Father and your Mother.

- Have I honored my parents at all time?
- Have I deceived or disobeyed them?
- Do I speak to them with respect?
- Do I talk poorly of them to others?
- Do I complain about chores or make my parents remind me to do them? Am I disrespectful to teachers, coaches or others in authority?

[5] You shall not kill.

- Do I abuse alcohol or drugs, such as marijuana?
- Have I ever had an abortion?
- Have I ever encouraged someone to have an abortion?
- Do I stand up for the right to life of the vulnerable or have I merely accepted society's culture of death?
- Have I used abortifacient contraceptives or encouraged anyone to do so? Have I sterilized myself in any way or encouraged others to do so?
- Did I participate in or approve of euthanasia or "mercy-killing"?
- Have I intentionally cut or hurt myself?
- Have I seriously contemplated suicide?
- Am I a bully online? Do I pick on people?
- Do I stick up for those who are teased?
- Have I encouraged fighting?
- Have I hurt others physically or with words?
- Do I keep anger against anyone?
- Have I refused to forgive someone?
- Have I cursed anyone?
- Have I been cruelled to an animal?

[6] You shall not commit adultery.

- Have I ever had sex with anyone?
- Have I ever masturbated?
- Have I engaged in sexting?
- Have I ever touched someone in a sexual way?
- Have I ever watched pornography?
- Have I ever freely and deliberately entertained impure thoughts and desires?
- Have I used condoms or any form of contraception?
- Have I dressed, danced or acted provocatively?
- Have I read impure books?

[7] You shall not steal.

- Do I steal from my parents or from friends?
- Have I willfully damaged another person's goods?
- Have I vandalized, spoiled, or ruined someone else's property?
- Have I shoplifted?
- Have I encouraged others to do so?
- Have I failed to return something that belongs to somebody else?
- Am I wasteful with food, time, or other resources?
- Do I seek to share what I have with the poor and needy?

[8] You shall not bear false witness against your neighbor.

- Have you lied?
- Have I cheated at school or in games?
- Have I copied someone else's homework?
- Have I been dishonest (especially with my parents)?
- Have I gossiped?
- Have I injured someone's reputation falsely?
- Do I reveal information that should be confidential?
- Have I judged others unfairly?
- Do I take a stand for what is right?

[9] You shall not desire your neighbor's wife.

- Have I been jealous of the friends that someone else has? *See the 6th commandant questions.*

[10] You shall not desire your neighbor's goods.

- Have I been jealous of what someone else has?
- 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?
- Do I hold on to resentment?
- Do I nag my parents into buying things because my friends have them? Do I help others when they need help?

- Am I thankful for what God has given me?

John 20:21-23

²¹ He said therefore to them again: Peace be to you. As the Father hath sent me, I also send you.

²² When he had said this, he breathed on them; and he said to them: Receive the Holy Ghost. ²³ Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained.

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