



examination of conscience FOR YOUNG ADULTS

ACCORDING TO THE TWO GREAT COMMANDMENTS

Responsibilities to God:

- Have I gone to Mass on Sunday or have I rebelled and been stubborn about going to Mass?
- Did I participate in the Mass or did I daydream?
- Have I prayed every day?
- Have I read the Bible?
- Have I been rebellious toward God and his commands?
- Have I misused the name of God by swearing and cursing?
- Have I told the Father that I love him for creating me and making me his son/daughter?
- Have I thanked Jesus for becoming man, dying for my sin and rising to give me eternal life?
- Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

ACT OF

contrition

O my God, I am very sorry
that I have sinned against you,
because you are so good,
and with your help, I will not
sin again. Amen.

Responsibilities to others & myself:

- Have I been rebellious, disobedient or disrespectful to my parents/authority figures?
- Have I lied to/deceived anyone?
- Have I been arrogant/stubborn?
- Have I talked back to my parents/ authority figures?
- Have I gotten angry or held grudges and resentments? Have I refused to forgive others?
- Have I engaged in sexual fantasies? Have I looked at others lustfully?
- Have I read pornographic literature or looked at pornographic pictures, shows or movies?
- Have I masturbated?
- Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?
- Have I had an abortion or encouraged another to have one?
- Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked others?
- Have I lied or cheated? Have I stolen anything? Have I paid it back?
- Have I been selfish or spiteful toward others? Have I been jealous?
- Have I gotten drunk, or taken drugs?
- Have I participated in anything occult: ouija boards, fortune tellers, séances, channeling, astrology?
- Have I been impatient or unkind?
- When my conscience told me to do something good, did I do it or did I ignore it?