



ACT OF contrition

My God, I am sorry for my sins with
all my heart.

In choosing to do wrong and failing to
do good,

I have sinned against You whom I
should love above all things.

I firmly intend, with Your help, to do
penance, to sin no more, and to avoid
whatever leads me to sin.

Amen.

- Have I been properly generous with my children regarding money and physical and material well-being? Have I been miserly? Have I been extravagant, thus spoiling them?

Responsibilities to society:

- Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?
- Have I held resentments and anger against those with whom I work, relatives or friends? Have I forgiven them?
- Have I been unethical in my business dealings? Have I stolen or lied?
- Have I allowed the Gospel to influence my political and social opinions?
- Have I had a proper Christian concern for the poor and needy?
- Have I paid my taxes?
- Have I fostered or nurtured hatred toward my "political" enemies, either local, national or international?
- Have I been prejudiced toward others because of race, color, religion or social status?

examination OF CONSCIENCE FOR COUPLES



An Examination of Conscience for Married Couples

Responsibilities to God:

- Have I gone to Mass every Sunday? Have I participated at Mass or have I day dreamed or been present with a blank mind?
- Have I prayed every day (15-20 minutes)?
- Have I read the Bible? Have I studied the truths of our faith and allowed them to become more part of the way I think and act? Have I read any spiritual books or religious literature?
- Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God?
- Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life, to be a proper husband/wife and parent?
- Have I been financially generous to the Church? Have I participated in parish or religious activities?
- Have I held resentments toward the Church or Church authorities? Have I forgiven them?

Responsibilities to my spouse:

- Have I cared for my spouse? Have I been generous with my time? Have I been affectionate and loving? Have I told my spouse that I love him or her?
- Have I been concerned about the spiritual well-being of my spouse?
- Have I listened to my spouse? Have I paid attention to his or her concerns, worries, and problems? Have I sought these out?
- Have I allowed resentments and bitterness toward my spouse to take root in my mind? Have I nurtured these? Have I forgiven my spouse for the wrongs he or she has committed against me?
- Have I allowed misunderstanding, miscommunication or accidents to cause anger and mistrust? Have I nurtured critical and negative thoughts about my spouse?
- Have I manipulated my spouse in order to get my own way?
- Have I tried to bully or overpower my spouse?
- Have I spoken sharply or sarcastically to my spouse? Have I spoken in a demeaning or negative way? Have I injured my spouse through taunting and negative teasing? Have I called my spouse harsh names or used language that is not respectful?
- Have I physically abused my spouse?
- Have I gossiped about my spouse?

- Have I undermined the authority and dignity of my spouse through disrespect and rebelliousness?
- Have I been moody and sullen?
- Have I bickered with my spouse out of stubbornness and selfishness?
- Have I lied or been deceitful to my spouse?
- Have I misused sexuality? Have I used sexual relations solely for my own selfish pleasure? Have I been too demanding in my desire for sexual fulfillment? Have I been loving and physically affectionate in my sexual relations or have I used sexual relations in a way that would be demeaning or disrespectful to my spouse? Have I refused sexual relations out of laziness, revenge or manipulation?
- Have I refused to conceive children out of selfishness or material greed? Have I used artificial means of contraception?
- Have I had an abortion or encouraged others to have one?
- Have I masturbated?
- Have I flirted or fostered improper relationships with someone else, either in my mind or through words and actions?
- Have I used pornography: books, magazines or movies?
- Have I committed adultery?
- Have I misused alcohol or drugs?
- Have I been financially responsible?

Responsibilities to children:

- Have I cared for the spiritual needs of my children? Have I been a shepherd and guardian as God has appointed me? Have I tried to foster a Christian family where Jesus is Lord? Have I taught my children the Gospel and the commandments of God?
- Have I prayed with them?
- Have I been persistent and courageous in my training and teaching? Have I disciplined them when necessary? Have I been lazy and apathetic?
- Have I talked with them to find out their problems, concerns and fears? Have I been affectionate toward them? Have I hugged them and told them that I love them? Have I played or recreated with them?
- Have I been impatient and frustrated with them? Have I corrected them out of love in order to teach them what is right and good? Have I treated them with respect? Have I spoken to them in a sarcastic or demeaning way?
- Have I held resentments against them? Have I forgiven them?
- Have I been of one heart and mind with my spouse in the upbringing of the children? Or have I allowed disagreements and dissension to disrupt the training, educating and disciplining of our children?
- Have I undermined the role of authority in the eyes of my children by speaking negatively against God, the Church, my spouse or others who hold legitimate authority over them?
- Have I been a good Christian witness to my children in what I say and do? Or do I demand one standard for them and another for myself?