

# AN EXAMINATION OF CONSCIENCE FOR YOUNG ADULTS

## 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?
- Sloth: Have I been reluctant to do what is good and right? Have I passed up opportunities to pray, or love and praise God simply because I didn't feel like it?
- Envy: Have I compared my life to another's and desired their possessions, state of life, or status? Have I been ungrateful to God for his gifts to me by desiring what I perceive to be a life better than my own?
- Pride: Is my focus constantly oriented toward myself? Do I attribute what is good in my life to me, and attribute what is difficult to my life to God or others? Do I acknowledge that whatever is good in my life is given and sustained by Christ, because he loves me?

## Responsibilities to others & myself:

- Have I been rebellious, disobedient or disrespectful to my parents, teachers and those in authority over me?
- Have I lied to or deceived my parents or others?
- Have I been arrogant and stubborn?
- Have I talked back to my parents or those in authority?
- Have I allowed my temper or anger to get out of control, causing sinful speech or actions (road rage, sarcasm, harsh criticism, degrading comments, jokes which are intended to be hurtful).
- Have I looked at others lustfully?
- Have I read pornographic literature or looked at pornographic pictures, shows or movies?
- Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?
- Have I lied or cheated? Have I stolen anything? Have I paid it back? Have I wasted time at work?
- Have I been selfish or spiteful toward others? Have I been jealous?
- Have I gotten drunk, or taken drugs?
- Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, channeling, astrology?
- Have I been patient, kind gentle and self-controlled?
- When my conscience told me to do something good, did I do it or did I ignore it?



For further insight and resources go to  
<https://evangcatbr.org>  
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