

Teenager's Examination of Conscience

What is my relationship to God?

- Do I worship Him?
- Do I pray often, do I celebrate Mass on Sunday?
- Am I grateful to be a follower of Jesus and do I show it in my actions?

What is my relationship to myself?

- Do I treat myself respectfully?
- Do I care for my body by refraining from alcohol or drugs?
- Do I care for my mind by studying and using the talents God has given me?
- Do I care for my soul by nourishing my spirit with prayer, with quiet times, with receiving Holy Communion, and with receiving the Sacrament of Reconciliation?
- Do I give into discouragement and moodiness?
- Do I respect every part of my body as good?

What is my relationship to others?

- Do I speak with reverence and act respectfully to parents and persons in authority?
- Do I speak with reverence to my classmates, refrain from swearing, lying, fighting, gossiping, and name calling?
- Do I spend too much time with television and/or the internet and ignore my friends? Do I participate in cyber-bullying?
- Do I respect others' property, refrain from destroying property, from stealing and cheating?
- Do I help to make my surroundings (home, school) a happier place to live?
- Do I serve others cheerfully? When was the last time I did a job for someone without being asked?
- Do I look at sex as a beautiful part of creation, or do I make sex a plaything - reading and looking at cheap movies, acting out of selfishness, and treating others as cheap rather than as persons to respect and want as friends - true, honest, and faithful?

Reflect:

- What is one fault in your life that you want to change? What makes me fail? Is it pride? (I'm not asking God for help?)
- Is it greed? (I like to have as much as I can.)
- Is it envy? (I give into feelings of sadness when someone is praised or honored.)
- Is it jealousy? (I think someone is getting more attention than myself.)
- Is it sloth? (I am too lazy to go to church, do my chores, help out.)

Pray:

I have sinned against you, Lord. I have sinned against another. I am sorry for the harm and hurt I have caused. I ask for Your help so that I may grow more like You, loving and serving others as You loved and served us.