

EXAMINATION OF CONSCIENCE FOR TEENS

1. God Comes First

1. Did I pray every day, even for a short time?
2. Did I reflect on my relationship with God and seek to grow in faith?
3. Was I respectful in Church by staying quiet, attentive, and reverent?
4. Did I fully participate at Mass (singing, responding, and listening)?
5. Did I take time to thank God for His blessings?
6. Did I try to put God first in my decisions and priorities?
7. Did I show kindness and forgiveness as Jesus asks of me?
8. Did I show courage in standing up for my faith?

2. God's Name is Holy

9. Did I use God's name respectfully and avoid saying it carelessly or as a joke?
10. Did I show reverence when speaking about God, Jesus, Mary, and the saints?
11. Did I treat holy objects (like rosaries, Bibles, or crosses) with care and respect?
12. Did I avoid making fun of religious practices or beliefs?
13. Did I avoid swearing or using inappropriate language?

3. God's Day is Holy

14. Did I go to Mass on Sundays and Holy Days, even if I didn't feel like it?
15. Did I skip Mass for no good reason or out of laziness?
16. Did I make Sunday a day of rest and a time to connect with God and my family?
17. Did I use Sundays to strengthen my spiritual life through prayer or reflection?
18. Did I take time to ask Jesus for help during struggles or sadness?

4. Honor Your Father and Mother

19. Did I listen to my parents and obey them, even when it was difficult?
20. Did I speak to my parents with respect and avoid arguing or talking back?
21. Did I help out at home willingly and without complaining?
22. Did I treat my teachers, priests, and others in authority with respect?
23. Did I pray for my parents and family members?
24. Did I show appreciation for the sacrifices my parents make for me?

5. Do Not Kill

25. Was I kind and considerate to my siblings, classmates, and friends?

26. Did I avoid hurting others physically (hitting, pushing) or emotionally (bullying, teasing)?
27. Did I avoid saying mean, cruel, or hurtful words?
28. Did I try to resolve conflicts peacefully, rather than holding grudges?
29. Did I help someone who was feeling left out, sad, or lonely?
30. Did I avoid jealousy, anger, or wishing harm on someone?
31. Did I take care of my health and avoid harmful habits (e.g., smoking, excessive junk food)?

6. Be Pure

32. Did I think about or watch things that were bad, impure, or disrespectful to God?
33. Was I careful about the movies, shows, or online content I watched?
34. Did I avoid looking at inappropriate images or videos, including pornography?
35. Did I respect my body and the bodies of others as temples of the Holy Spirit?
36. Did I avoid inappropriate sexual activity or behaviors outside of God's plan for marriage?

- 37. Did I treat others with dignity and not use them for my own pleasure or desires?
- 38. Did I use the internet and social media responsibly, avoiding sites or content that promote impurity?
- 39. Did I dress modestly and show respect for myself and others?
- 40. Did I avoid making or sharing inappropriate jokes, comments, or messages about sexuality?
- 41. Did I pray and ask God for help in keeping my thoughts and actions pure?

7. Do Not Steal

- 42. Did I take something that didn't belong to me, even something small?
- 43. Did I borrow something without asking and fail to return it?

- 44. Did I make up for breaking or damaging someone else's property?
- 45. Was I honest in my schoolwork, avoiding cheating or copying?
- 46. Did I respect others' time by being punctual and responsible?
- 47. Did I give my best effort in tasks, or did I waste time and resources?

8. Do Not Lie

- 48. Did I always tell the truth, even when it was hard?
- 49. Did I avoid lying to make myself look better or to avoid consequences?
- 50. Did I avoid gossiping or spreading rumors about others?
- 51. Did I admit when I was wrong, or did I blame others to avoid responsibility?

- 52. Did I speak up to defend someone being treated unfairly, or did I stay silent?

9. & 10. Do Not Want Your Neighbor's Wife or Things

- 53. Was I content with what I have, or did I envy what others own or achieve?
- 54. Did I avoid comparing myself to others on social media or in real life?
- 55. Did I avoid being materialistic or overly focused on possessions?
- 56. Did I show gratitude to God and my family for what I have?
- 57. Did I resist the temptation to beg, whine, or demand unnecessary things?
- 58. Did I pray for the grace to trust in God's plan for my life and be satisfied?

ACT OF CONTRITION

*O my god, I am heartily sorry for having offended Thee,
and I detest all my sins because I dread the loss of Heaven and the
pains of Hell;
but most of all because they offend Thee, my God,
Who art all-good and deserving of all my love.
I firmly resolve, with the help of Thy grace,
to confess my sins, to do penance,
and to amend my life. Amen.*

HOW TO MAKE A GOOD CONFESSION

Examine your life before confession and prepare yourself well.

At the confession

1. Begin with "Bless me Father, for I have sinned. This is my first Confession after....."
2. My sins are..." (tell the number of times you committed each sin, if possible)
3. When you have finished telling your sins "For these and all my sins I am truly sorry."
4. The priest will then ask you to say an Act of Contrition
5. The priest will forgive you yours sins and give you a penance.
6. Return to your pew and offer your prayer of penance and prayer of thanksgiving.