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Examination of Conscience for Teens

To prepare for the Sacrament of Penance it is important to examine your conscience for the sins that have distanced or separated you from the grace of God. Please take time to prayerfully meditate on God's commandments and the seven deadly sins to help you prepare for your confession. It is extremely important not to treat any examination of conscience aid like a simple checklist (if it is not listed it doesn't need to be confessed). Instead start by praying for the assistance of the Holy Spirit to help you reflect and call to mind what you have done or failed to do in regard to sin.

The Ten Commandments:

I. I am the Lord, thy God; thou shalt not have strange gods before Me.

Do I truly love God above all or do I make other things such as celebrity, sports, popularity, clothes, money, friends, pleasure, the Internet, social media, video games, or television a higher priority in my life than God? Have I worked to strengthen my relationship with God by giving proper time to daily prayer, learning about my faith, and giving witness to others by living a life of strong faith? Have I turned away from God by having involvement with the occult such as tarot card readings, ouija boards, fortune telling, wicca, witchcraft, etc? Have I denied my faith to others or doubted my faith?

II. Thou shalt not take the name of the Lord thy God in vain.

Have I used the name of God with irreverence in anger, surprise, or at any other time? Have I sworn (which means calling upon God to witness the truth of what I say) without a good reason, or falsely? Have I cursed (the calling down of some evil on a person, place, or thing)? Blasphemed (used insulting language to express contempt for God), the saints, or holy things?

III. Remember to keep holy the Sabbath day.

Did I skip Mass on Sunday or a Holy Day of Obligation? Did I keep the Eucharistic fast before Mass? Did I prayerfully participate in Mass or just sit through it? Did I receive Holy Communion in a state of mortal sin? Have I done unnecessary work on Sunday? Do I make time for family and spiritual activities?

IV. Honor thy Father and Mother.

Have I been obedient to my parents and those in authority such as police, teachers, principals, coaches, etc.? Have I shown disrespect to them by insulting, mocking, ridiculing, or screaming at them? Have I deceived them? Have I been a good member of my community? Do I visit my elderly and/or sick relatives? Have I been ungrateful to my parents for what they provide, what they do, and the sacrifices they make for me? Do I let them know that I love and appreciate them?

V. Thou shalt not kill.

Have I committed or participated in murder? Have I had or in any way permitted or encouraged abortion? Have I entertained thoughts of taking my life or helped someone to end their life? Have I



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committed an act of violence or abuse (physical, sexual, emotional or verbal)? Have I taken drugs illegally, allowed myself to get intoxicated, or help others to do so? Do I intentionally harm or cut my body? Have I used artificial contraceptives (birth control) or encouraged anyone to do so? Have I held a grudge or sought revenge against someone who wronged me? Do I point out others' faults and mistakes while ignoring my own? Do I complain more than I compliment? Do I tear people down rather than encourage them?

VI. Thou shalt not commit adultery. IX. Thou shalt not covet thy neighbor's wife.

Have I had sex of any kind outside of sacramental marriage? Did I take pleasure in being accepting of lustful and impure thoughts or desires? Say impure things? Dress immodestly? Listen to impure conversations? Did I touch others or let others touch me in an impure manner? Masturbate alone or with others? Look at pornography? Teach or help others to commit sins of impurity?

VII. Thou shalt not steal. X. Thou shalt not covet thy neighbor's goods.

Have I stolen anything (including downloading pirated music, movies, games, etc.)? If so, of what value, and did I return (or delete) the stolen goods? Have I cheated people in buying or selling? Did I cheat on a test or schoolwork? Have I damaged the property of others? Accepted or kept stolen goods? Do I pay back money I borrow (or any debt) as soon as possible? Has my work merited any pay that I received for it? Am I envious of others (resentful and hopeful of ill-will on the good fortune of another)? Am I jealous of others (fearful that you will lose something to another)?

VIII. Thou shalt not bear false witness against thy neighbor.

Have I lied? Did I spread lies about others (calumny) or make known their faults (detraction)? Have I kept my promises? Did I reveal information that I should have kept private? Have I been gossiping or spreading rumors? Did I insult, tease, or bully anyone with the intention of hurting them?

Seven Deadly Sins:

I. Pride - An unrestrained appreciation of our own worth. Excessive love of self.

II. Greed - An immoderate desire for earthly goods. A very excessive desire and pursuit of material things, wealth, status, and/or power.

III. Lust - Thoughts or desires of a sexual nature. Lack of self-control to passions in earthly life.

IV. Wrath - Inordinate and uncontrolled feelings of hatred and anger.

V. Gluttony - The over-indulgence and over-consumption of anything to the point of waste.

VI. Envy - Resentment over the good fortune of our neighbor.

VII. Sloth - Laziness to do right or indifference to do right and to practice virtue because of the effort attached to it.