

# An Examination of Conscience for Teens

## **Responsibilities to God:**

Have I gone to Mass every Sunday and participated?

Have I prayed every day (15-20 minutes)? Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

Have I taken steps to enrich my knowledge and understanding of my faith?

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?

Have I misused the name of God by swearing and cursing?

Have I participated in anything that is against my beliefs I one God who is creator of all?

## **Responsibilities to others and myself:**

Have I been disrespectful to my parents, 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 gotten angry or nurtured and held grudges and resentments? Have I refused to forgive others? Have I cultivated hatred?

Have I engaged in sexual fantasies? Have I looked at others lustfully?

Have I read pornographic literature or looked at pornographic pictures, shows or movies?

Have I masturbated or inappropriate sexual contact?

Have I had an abortion or encouraged another to have one?

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 been selfish or spiteful toward others? Have I been jealous?

Have I gotten drunk, or taken drugs?

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?