

- Did I hurt someone by my teasing or pranks?
- Did I dress, speak, or behave immodestly?
- Did I do sexual acts with another person?
- Did I act selfish or phony in my relationships?
- Did I manipulate someone to get what I wanted?
- Did I act impatient, rude, envious, jealous, or indifferent toward others?

Sins misusing God's Creation:

"God looked at everything He had made, and found it very good."

(Genesis 1:31)

- Did I get intoxicated with alcohol or use illegal drugs?
- Did I smoke or vape?
- Did I use steroids or misuse medications?
- Did I overeat, starve myself, or "binge and purge"?
- Did I intentionally do harm to my own body?
- Did I plan or attempt suicide?
- Did I mistreat animals or the environment?
- Did I watch, read, or listen to something I shouldn't?
- Did I lust using media?
- Did I use technology to send or receive bad images?
- Did I disrespect someone by viewing them as an object?
- Did I do sexually-immoral acts by myself or in fantasy?
- Did I use any form of technology addictively?
- Did I use entertainments or media in isolating ways?
- Did I act greedy or ungenerous?
- Did I act as if God would not take care of me?

Who may go up the mountain of the Lord?

Who can stand in His holy place?

*The clean of hand and pure of heart,
who are not devoted to idols,
who have not sworn falsely.*

(Psalm 24:3-4)

An Examination of Conscience

for Grades 6, 7, & 8



Jesus preached, "What man among you having 100 sheep and losing one of them would not leave the 99 in the desert and go after the lost one until he finds it? And when he does find it, he sets it on his shoulders with great joy and, upon his arrival home, he calls together his friends and neighbors and says to them, 'Rejoice with me because I have found my lost sheep.' I tell you, in just the same way there will be more joy in Heaven over one sinner who repents than over 99 righteous people who have no need of repentance."

And Jesus also said, "I am the good shepherd. ... Do not be afraid any longer, little flock..."

(See Luke 15:4-5, John 10:11, & Luke 12:32)

Sins against our God:

Jesus said, "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment." (Matthew 22:37-38)

- Since my last, good confession, did I neglect daily prayer?
- Did I reject God, the Lord Jesus Christ, or my Catholic Faith?
- Did I receive the Holy Eucharist in a state of mortal sin?
- Did I break the one-hour Eucharist fast and still receive Him?
- Did I intentionally hold back from confessing my serious sins?
- Did I put faith in magic, astrology, horoscopes, or superstitions?
- Did I use the Lord's name like a curse word?
- Did I "swear to God" about something unimportant or untrue?
- Did I ignore Friday as a special day for penance?
- Did I ignore Sunday as a special day for worship and rest?
- Did I act irreverently toward the Eucharist, holy persons or things?
- Did I come late, leave early, or skip Sunday Mass by my own fault?
- Did I attend Holy Mass irreverently or inattentively?
- Did I make false gods (or idols) of delightful persons or things?
- Did I stubbornly doubt God's existence, goodness, or love for me?

*Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
My offenses truly I know them...
what is evil in your sight I have done.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.
A pure heart create for me, O God,
put a steadfast spirit within me.
Give me again the joy of your help;
with a spirit of fervor sustain me...
O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips,
and my mouth shall declare your praise.*

(See Psalm 51)

Sins against our Parents & Teachers:

"Honor your father and your mother, as the Lord, your God, has commanded you, that you may have a long life and that you may prosper..." (Deuteronomy 5:16)

- Did I neglect to show my parents love and gratitude?
- Did I disobey my parents or neglect my household chores?
- Did I lie to my parents or hide things from them?
- Did I manipulate my parents to get what I wanted?
- Did I disrespect a parent, through sarcasm or back-talking?
- Did I disobey or disrespect a teacher?
- Did I cheat on tests, plagiarize for papers, or copy homework?
- Did I choose not to give my best effort at school, work, or home?
- Did I purposely break any rules or laws?

Sins against Others:

Jesus said, "I give you a new commandment: love one another. As I have loved you, so you also should love one another." (John 13:34)

- Did I hate someone? (Is there anyone I am unwilling to pray for?)
- Did I fight or quarrel with anyone?
- Did I intentionally physically harm or kill someone?
- Did I wish harm or revenge on someone?
- Did I slander someone by spreading falsehoods about them?
- Did I tell negative facts about someone for no good reason?
- Did I judge others uncharitably or rashly?
- Did I act as an unfaithful friend?
- Did I tell any lies?
- Did I steal or damage someone's property on purpose?
- Did I lead another person to sin by something I said or did?
- Did I just stand by while another person did wrong?
- Did I tell impure, mean, or offensive jokes?