

# Examination of Conscience

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## **The Lord Says, “Love one another as I have loved you.”**

Do I love my parents, brothers and sisters and try to contribute to a happy home life?

Am I thoughtless or even cruel toward members of my family?

Am I fair and honest in my relationships with friends?

Do I love or act phony or take advantage of others by stealing or cheating?

Do I respect the rights of others?

Do I try to forgive the people who offend me or dislike me?

Am I grateful for my sexuality and anxious to grow in sexual maturity and responsibility?

Do I sometimes exploit members of the opposite sex and use them for my own ends without concern for them?

Do I respect the good things of creation and the gifts of the earth, or am I thoughtless and self-centered?

Am I aware of the needs of others and especially the poor?

Am I concerned for the hungry, the homeless, the destitute and victims of racial or gender prejudice, hatred, and violence?

Do I give in to excessive eating or drinking?

Do my words or actions hurt others, belittle them or make them feel bad about themselves?

Am I really working to become a better Christian?

Does my life, and do my words and actions, testify to the fact that I try to imitate Jesus?

Am I making the most of my opportunities and talents?

Do I take care of my body, and get enough rest and exercise?

***What is the biggest obstacle that is keeping me  
from relationship with God?***