

REFLECTION

Examination of Conscience

A GENTLE GUIDE FOR HONEST
REFLECTION AND GROWTH

Ask for light. Tell the truth. Trust mercy. Begin again.



What This Is For

An examination of conscience is a prayerful look at our thoughts, words and actions in the light of God's love and truth. It helps us name sin clearly—not so we can stay stuck in shame, but so we can bring what is real to God's mercy.

For preparation for the Sacrament of Reconciliation, the Church recommends an examination rooted in Scripture, especially the Ten Commandments and the Beatitudes.

Love of God

- Have I made time for God, or have I treated prayer as an afterthought?
- Have I missed Sunday Mass or holy days of obligation without a serious reason?
- Have I used God's name carelessly or irreverently?
- Have I trusted superstition, horoscopes, occult practices, or something else in place of God?
- Have I resisted what I know God is asking because it is inconvenient?

Love of Neighbor

- Have I spoken about someone in a way I would not say in front of them?
- Have I held onto resentment or refused reasonable forgiveness?
- Have I lied, manipulated, cheated, or taken what is not mine?
- Have I ignored someone's need when I could have helped?
- Have I used another person for attention, control, pleasure, status, or advantage?
- Have I contributed to division, gossip, or cruelty online or in person?

The Life I Am Responsible For

- Have I neglected responsibilities to my family, work, community, or health?
- Have I allowed anger, envy, pride, greed, lust, gluttony, or laziness to direct my choices?
- Have I been wasteful with money, possessions, food, or gifts entrusted to me?
- Have I avoided an apology, a hard truth, or a needed act of repair?
- What good did I know I should do—and chose not to do?

Bring It to Mercy

Do not turn this into an endless search for hidden faults.

Name what you honestly recognize, ask for true contrition and bring it to the Sacrament with trust.

For confession, write only what helps you remember clearly. You do not need a detailed narrative.

MY PRAYER

Jesus, help me see my sin honestly without losing sight of your mercy. Give me courage to confess, grace to make amends and freedom to begin again. Amen.