

Examination of Conscience for Single Adults

Responsibilities to God

- Have I attended Mass weekly? Do I find excuses not to go?
- Did I participate in Mass or did I let myself become distracted?
- Have I prayed or immersed myself in scripture every day?
- Have I shown an interest in knowing the faith that I claim to profess?
- Have I picked what I choose to believe about the faith? Rejected some of the truths that the Church teaches?
- Have I followed God's commandments?
- Have I misused the name of the Lord by my language?
- Do I hold any resentment toward God? Toward Church authority?
- Have I thanked God the Father for creating me in His image?
- Have I thanked Jesus for His sacrifice upon the cross for the salvation of my soul?
- Have I asked the Holy Spirit for guidance and help when tempted to sin and to be obedient to God's commands?
- Have I been financially generous to the church? Have I participated in parish life?

Responsibilities to Children (if you are a parent)

- Have I cared for the spiritual needs of my children and helped to foster a Christian home where Jesus is Lord and taught them to follow God's commandments? Have I prayed with my children? Have I brought them to Mass when obligated?
- Have I disciplined my children when needed?
- Have I been lazy when it comes to my responsibilities as a parent?
- Have I shown my children I love them in word and in action?
- Have I treated my children with respect and dignity?
- Do I have the same set of Christian standards for my children and for myself?
- Have I made getting my children to Heaven my number one priority as a parent?
- Have I accepted or allowed my children to live or act in a way that goes against the teachings of Christ? Have I corrected them when they are wrong?
- Have I fostered good friendly relationships and modeled sexual purity and morality for my children?

Responsibilities to Society

- Have I been a Christian witness to those around me, living out the faith I claim to profess?
- Have I allowed the Gospel of Christ to influence my social opinions and political stance?
- Have I had a proper Christian concern for the poor and needy?
- Have I been financially responsible and consistently paid what I owe?

Responsibilities to Others and Myself

- Have I been disrespectful to others?
- Have I lied to or deceived others?
- Have I been arrogant and stubborn?
- Have I gotten angry or held grudges and resentment and refused to forgive those who have hurt me?
- Have I cultivated or encouraged hatred toward others?
- Have I nurtured self-pity?
- Have I engaged in sexual fantasies or looked at others in lust?
- Have I engaged in any form of pornography?
- Have I engaged in any sexual activity with others? By myself?
- Have I used artificial means of contraception (condoms, birth control, withdrawal, IUD, etc.) to deny the conception of children?
- Have I had an abortion or encouraged another to have one?
- Have I gossiped about others? Told lies about someone? Mocked or made fun of someone?
- Have I lied? Cheated? Stolen anything?
- Have I been selfish or spiteful towards others?
- Have I been jealous or envious of someone?
- Have I gotten drunk or taken drugs?
- Have I participated in occult activities: ouija board, fortune teller, seances, channeling, astrology, mediums?
- Have I been patient, kind, and gentle?
- Have I exhibited self-control?
- Have I followed my conscience when prompted to do something good? Have I ignored temptations when prompted to do something bad?
- Have I treated myself and others with dignity and respect?