

Examination of Conscience for Single Persons

Taken from <https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examination-of-conscience-for-single-people>

Responsibilities to God:

Have I gone to Mass every Sunday? Have I participated at Mass or have I daydreamed or been present with a blank mind?

Have I prayed every day (15-20 minutes)?

Have I read the Bible? Have I studied the truths of our faith and allowed them to become more a part of the way I think and act? Have I read any spiritual books or religious literature?

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 been financially generous to the Church? Have I participated in parish or religious activities?

Have I held resentments toward the Church or Church authorities? Have I forgiven them?

Responsibilities to others and to myself:

Have I been rebellious, disobedient or disrespectful to anyone in authority?

Have I lied to or deceived others—friends, boss, or coworkers?

Have I been arrogant and stubborn?

Have I gotten angry or nurtured and held grudges and resentments?

Have I refused to forgive others—parents, relatives, employers, former friend, a former spouse? Have I cultivated hatred?

Have I felt sorry for myself or nurtured self-pity?

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?

Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?

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?

Responsibilities to society:

Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?

Have I allowed the Gospel to influence my political and social opinions?

Have I had a proper Christian concern for the poor and needy?

Have I paid my taxes?

Have I fostered or nurtured hatred toward my 'political' opponents, either local, national or international?

Have I been prejudiced toward others because of race, color, religion or social status?

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