

Examination of Conscience for Parents

Overview of Reconciliation

1. We ask the Holy Spirit to help us remember our sins.
2. We are truly sorry for our sins.
3. We firmly decide not to commit these sins again.
4. We confess our sins to a Catholic priest.
5. We do the penance the priest tells us to do.

Prayer before Examination of Conscience

O Holy Spirit, source of all light,
Spirit of wisdom, understanding, and of knowledge,
help me to make a good confession.
Help me to remember the wrong things I have done and the good things I did not do.
I want to be sorry for all my sins and to know your love for me.
Give me the courage to be honest and not to try to hide from you.
I trust that you always offer me your forgiveness and your friendship.
In Jesus' name, Amen.

Questions for Examination of Conscience (Virtuous Life vs. Sinful Life)

Responsibilities to God:

How do I pray?

Out of my personal relationship and respect for God • Reading the Bible ← **Virtuous Life**
Out of fear • Out of need • Out of a desire for personal gain • I don't pray ← **Sinful Life**

How do I attend Mass?

Every Sunday and holy day of obligation • With respect for the Eucharist and as part of the community • I contribute to the Church
Out of habit or fear • Bitterly, because I should • When convenient • I don't attend/contribute

How do I use God's name?

Out of respect and love • Desiring to acknowledge the Divine Presence in the moment
To swear • To express anger • Casually and without much thought

How do I treat all of God's creation?

I respect others equally regardless of race, religion, or economic status • I see all human life as sacred, including the unborn • I am considerate of the environment and our limited resources
I waste what I have received • I keep my relationship with God separate from everything else • Faith has no effect on my worldview • I have had an abortion or helped/convicted another to

Relationship with Others (the Church):

How do I treat my family, especially my children?

Honor my parents • Work to guide my children to be disciples of Christ • Believe that family comes first • Forgive them when I feel they've hurt me • Love them, as they are, as fully as I can

Insult or ignore them, correcting them in anger • Make little effort at peace • Unachievable expectations • Lead my children in the ways of the world • Allow my problems to affect my children

How do I treat my spouse?

With love and respect • Desire to lead them to Christ • Forgive them • Compliment, encourage, listen

Use them physically or emotionally • Engage in sexual activity while withholding the possibility of children • Gossip or belittle • See them for what they do for you • Disregard or contradict them

How do I treat my employer and others in authority?

I do my duty and show respect • I do my best to honestly communicate my needs and desires
Rude and disruptive • Don't do my best work • Gossip and belittle them • Hold resentment

How do I treat people that I don't know, including the poor and marginalized?

Honor and follow through on all the promises and commitments I have made • Kind and courteous • Share what I have with others • Attempt to see all as children of God

Cheat or lie to get what I need • Dismissive • Rude/demeaning • Act out of an us-versus-them mentality

How do I treat my friends, co-workers, and fellow Catholics?

With love and respect • Accept and try to understand differences • Forgive them • Compliment and encourage

Use them to gain popularity or gifts • Insult them • Divide the Body of Christ

How do I treat others' sexuality?

I see sex as a gift from God to be shared exclusively with my spouse

Use crude language and jokes • Use people for my physical pleasure • View pornography or otherwise abuse the internet • Regard sex as trivial and casual • Fostered adultery, even emotionally

Relationship with Myself:

How do I see myself?

Created in the image and likeness of God • As a child of God • Recognize both unconditional love and need for ongoing conversion

Focus only on what I don't like about myself • Frequently compare myself to others • God is out to get me • Other people need to change, but not me

How do I care for myself?

I care for my physical, emotional, and spiritual well-being • I respect my God-given sexuality

An unhealthy relationship with drugs, alcohol, or food • Masturbate • Physically harm myself

How seriously do I take my work, education, and vocation?

See myself working with God and others to build God's Kingdom • Actively participate in life

Disregard work, education, and self-mastery • Underappreciate the gifts I have received

How do I make choices?

My relationships with God, the Church, and my spouse inform my conscience

Peer pressure • The easy way out of the situation • Desire for popularity, possessions, or power

Summary Reflection Questions:

For what do I seek forgiveness through confession?

How do I want God to transform me?

How will I accept God's grace to change?