

An examination of conscience for the whole family

This examination of conscience is taken from [The Catholic Family Book of Prayers](#).

This brief examination of conscience, loosely based on the Ten Commandments, may be used in preparation for receiving the sacrament of Penance and Reconciliation, or as a kind of daily examen. Your family may wish to review it together silently, or with the guidance of a reader.

- Have I made anything more important than God: myself, others, money, things I own, things I want, ideas, activities, or goals? Have I set aside time to pray to God every day?
- Have I acted pridefully, as if I know everything, am better than others, or don't need God or others?
- Have I used God's name in a bad way? Have my words hurt God, his Church, or the good he wants for all people?
- Have my words and actions given glory to God's name? Have I shared my faith with those who do not know God?
- Have I gone to Mass when I should? Have I fully shared in the celebration of Mass? Have I listened to the Word of God and the homily? Have I received the Eucharist reverently? Have I spent my Sundays in prayer, rest, service, and family time?
- Have I given love and respect to my father and mother? Have I obeyed them? Have I tried to help them without being asked? Have I whined, complained, nagged, or otherwise been difficult toward them? Have I been loving and respectful to my brothers and sisters?
- Parents: Have I shown love and respect to my children? Have I been patient and kind? Have I disciplined my children with love, and in ways that help them become the people God wants them to be?

- Have I been a good citizen? Have my words and actions strengthened my community, or harmed it?
- Have I hurt others, with my hands or my words? Have I given support or encouragement to those who hurt others? Have I excluded others, or treated others with less than the respect they deserve as children of God? Have I held onto anger or hatred toward others? Have I refused to forgive others?
- Have I respected my body? Have I given my body what it needs to be strong and healthy? Have I viewed pornography, engaged in sexual acts outside of marriage, or otherwise offended human dignity for my own pleasure?
- Have I taken what does not belong to me? Have I wasted time or resources? Have I used my talents and resources to help those in need? Have I let others borrow my possessions for good reason? Have I done my work well? Have I contributed to the good of others through my work? Have I done my chores and schoolwork as best I can, with a good attitude?
- Have I always told the truth to myself, God, and others? Have I gossiped, or shared information I shouldn't have?
- Have I been grateful for what I have, or greedy to have what others have? Have I been generous with my time and possessions? Have I given away what I do not need?

“Return to your conscience, question it. . . . Turn inward, brethren, and in everything you do, see God as your witness.” (St. Augustine)

Related

[Help Kids Prepare for Confession with an Examination of Conscience](#)

[A Child's Examination of Conscience](#)

[9 ways to get into the habit of Reconciliation](#)

Learn more

[USCCB: Examinations of Conscience](#)