



Examination of Conscience Secondary Schools

“I give you one commandment: love one another. As I have loved you, so you also should love one another.”

(JOHN 13:34)

My Relationship with God

- ❖ Do I place God first in my life?
- ❖ Am I in communication with God throughout the day?
- ❖ Do I pray in the morning, before sleep or at meal time?
- ❖ Do I focus on prayer during school Masses or at the beginning of the day?
- ❖ Do I connect with God and the community at Sunday Mass?
- ❖ When I attend Mass, do I actively and fully participate?
- ❖ Do I always show respect and reverence for God’s name?
- ❖ Do I seek God’s forgiveness for making inappropriate choices?
- ❖ Am I grateful for the blessings I receive each day?
- ❖ Do I nourish my faith in God, seeing God in everyone and in all things?
- ❖ Do I include God in all the decisions I make through the day and in my relationships with others?

My Relationship with Creation

- ❖ Do I conserve the natural resources on our earth?
- ❖ Do I see all creation as sacred and holy?
- ❖ Do I see God in the beauty of creation?
- ❖ Am I careful to reduce, reuse and recycle where possible?
- ❖ Do I take time to reflect on creation with care and a grateful heart?

My Relationship with Others

- ❖ How do I treat my parents, brothers and sisters?
 - Do I encourage and support them?
 - Do I show them love and respect?
 - Am I kind and forgiving?
 - Do I become angry or selfish in my dealings with them?
 - Do I ignore or isolate myself from them?
 - Do I forgive and seek forgiveness when hurtful things are said or done?
 - Do I share responsibilities at home?
- ❖ Am I respectful of other adults, especially those in a place of authority?
 - Do I work hard at school and do homework when given? Am I disruptive in class?
 - Am I honest with others and keep the commitments I make to them?

- ❖ Have I hurt others, physically, mentally or verbally?
 - Am I respectful online and on social media?
 - Have I bullied others with words or actions?
 - Do I share my gifts, talents and resources with others?
 - Do I contribute to the lives of others in any way I can, especially those in need at school, at home and in the larger community?
 - Do I see people around me as children of God, one in mind, body and spirit?
- ❖ Do I respect friendships and other relationships in my life?
 - Do I keep healthy and appropriate boundaries in my relationships both in person and online?
 - Have I allowed myself to look at inappropriate images?
 - Do I use others for selfish gain?
 - Do I respect and treat all people justly?
 - Do I take time to ponder the blessings of love and friendship?
 - Do I seek forgiveness and extend it to others with a grateful heart or do I hold grudges?
- ❖ Do I reach out to those in need when possible?
 - Give food in food drives?
 - Donate used or new clothing?
 - Give drink to the thirsty?
 - Visit the sick, the lonely, the elderly, or those in prison?
 - Advocate for affordable housing?

My Relationship with Myself

- ❖ Do I love myself, as made in God’s image or do I put myself down?
- ❖ I work hard, using all the gifts and talents God has given me?
- ❖ Do I disrespect my body by using harmful substances?
- ❖ Do I respect my body when it comes to my sexuality in person and on social media?
- ❖ Do I strive to keep myself healthy through exercise and moderate food consumption?
- ❖ Do I make responsible moral choices, doing what I believe God would want, even if it is contrary to the choices of friends?

Vision

Achieving Excellence in Catholic Education

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