

## **EXAMINATION OF CONSCIENCE – POPE FRANCIS [ADAPTED]**

- **Do I turn to God only when I am in need and do I feel that God is unimportant in my life?**
- **Do I attend Mass on Sundays and Holy Days?**
  
- **Do I pray each day or am I failing to develop my relationship with God?**
- **Am I embarrassed to admit that I am a Christian? Am I envious, hot tempered and biased?**
  
- **Am I honest and fair at home, at work and at school?**
- **Do I respect people and accept their individuality?**
  
- **Do I uphold the morality taught in the Gospel with my spouse and children and do I honour and respect my own parents?**
- **Am I open to new life?**
  
- **Have I harmed others through physical, verbal or emotional means including gossip or bullying?**
- **Have I used social media to abuse people?**
  
- **Do I respect the world as a gift that God gives?**
- **Do I overdo it with eating, drinking, smoking and amusements?**
  
- **Am I overly concerned with my physical well-being, possessions, success at work and future plans?**
  
- **How do I use my time? Am I lazy? Am I selfish with my time especially with my family and those who need my help?**  
**Do I spend excessive amounts of time using my phone, tablet computer and technology in general?**
  
- **Do want to BE served rather than to serve?**
- **Do I forgive or dream of revenge and hold grudges?**
- **Am I a builder of peace or a builder of barriers?**
  
- **What needs to be changed in my life so that I can be the person God created me to be?**

