

# **An Examination of Conscience based on The Great Commandment**

You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind.

- *How do I express my love for God?*
- *How have I failed to express my love for God?*
- *Do I trust God with all aspects of my life?*
- *Do I diligently try to grow in knowledge of and love with God?*
- *Do I spend time in prayer with God?*
- *Do I regularly read the Scriptures?*
- *How have I been courageous in professing my faith in God?*
- *When have I given in to fear and not professed my faith in God?*
- *Do I turn to God often during the day, especially when I am tempted?*
- *Are there any “false gods” in my life, such as money, clothes, superstitions, desire for popularity or greatness, that get in the way of my relationship with God?*
- *Am I lazy? Do I waste time in too much useless idleness?*
- *Do I love and reverence God’s name?*
- *When have I taken God’s name in vain?*
- *How have I participated in the Church community, the Body of Christ?*
- *How have I failed to participate in the Church, the Body of Christ?*

Love your neighbor as yourself.

- *Do I really treat people as if I would like to be treated?*
- *How have I given bad example by my words or actions?*
- *How have I given good example by my words or actions?*
- *Am I loving and respectful toward my parents, my spouse, my children?*
- *Do I willingly share my possessions and resources with those who have less?*
- *Do I look down on those who seem less than me?*
- *How do I show respect for others, especially those who are different from me?*
- *How do I reflect Jesus’ love for all people in my words and actions?*
- *Do I do my very best at work, at home? Do I continually strive to be the best person God created me to be?*
- *Am I truthful and fair?*
- *Have I ever damaged another’s good name?*
- *Have I ever damaged another’s property or possessions? Have I stolen?*
- *Have I held a grudge against anyone?*