

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?*