



“O LORD, You Have Searched Me and Known Me”

(Ps. 139:1)

Spend a few moments quietly asking God to help you see clearly and honestly into your heart and mind as you begin this examination of conscience.

Write your responses to the questions below. No one will collect this handout.

1. Bring to mind the areas in your life in which you feel you have failed to measure up to what God has called you to.

2. Think about your relationship with your parent(s) or guardian(s). Have you hurt that relationship or failed to act in ways that could strengthen your family?

3. Consider your relationships with your friends. Have you been a source of growth for your friends, or have you sometimes caused them to be less than they could be as persons?

4. What about your relationship with yourself? Have you expected the most of yourself? Have you been kind and forgiving to yourself when you have failed? Or have you put yourself down or been filled with self-pity?

5. Can you identify a common thread or common problem that is at the root of your difficulties? Is it pride? self-centeredness? impatience? a judgmental attitude? a bad temper? Try to sum up or crystallize in a brief statement how this weakness or difficulty is manifested in your life.
