

## ADULT EXAMINATION OF CONSCIENCE

The seven deadly sins:

### **PRIDE**

Do I belittle others rather than trying to improve myself?

Do I fail to give others credit and praise?

Do I seek to place myself first, before others and before God?

### **WRATH/ANGER**

Do I hold grudges against others rather than seeking the healing of God?

Have I forgiven others as I seek forgiveness of God?

Do I seek peace in my own life through prayer, that I can be an instrument of peace to others?

### **ENVY**

Do I begrudge others the good things in their lives?

Do I give thanks to God for the blessings in my own life?

### **AVARICE/GREED**

Do I seek to accumulate goods and material comfort, rather than meet the needs of others?

Do I seek power and domination over others?

### **LUST**

Do I indulge in pornography and suggestive images?

Do I dwell on impure thoughts?

Do I seek and engage in pre-marital sexual activity?

Have I offended my marital vows by any of the above?

### **GLUTTONY**

Do I take care of my physical health through diet and exercise?

Do I avoid excessive alcohol use and smoking?

Do I share of what I have with the less fortunate?

### **SLOTH**

Am I hesitant to do good for others?

Have I been weak in my commitment to personal prayer even when it is difficult?

Have I missed Mass or other commitments through laziness?

### **My responsibilities before God...**

Have I taken my faith for granted?

Have I been faithful in prayer and worship of God?

Do I seek to know Jesus Christ through regular prayer and the Sacraments?

Do I attend Mass on Sunday and on days of obligation?

Do I strive to make God the center of my life?

Lord have mercy...

### **My responsibilities toward others...**

Have I been selfish and place my wants above others?

Have I treated others as objects for my use rather than as fellow Christians?

Have I been uncharitable to others in thought, speech or action?

Do I lead others into sin by my actions?

Am I generous with my time, talents, and treasure in the service of others?

Lord have mercy...

### **My responsibilities toward myself as a Christian...**

Do I care for the health of my body and the needs of my soul?

Have I carried out my responsibilities at work and home faithfully?

Do I ask God for courage to avoid my sins?

Do I try to avoid places, things and people that lead me to sin?

Do I bear witness to my faith in my life and among my friends?

Do I seek to know and carry out my Christian vocation to holiness?

Lord have mercy...