

GROUP EXAMINATION OF CONSCIENCE

Response: FORGIVE US, LORD.

For the times I have forgotten you and turned my back on you, Lord.....

For the times I have failed to praise You and recognize Your greatness in creation.....

For the times I have failed to love You with all my heart....

For the times I have idolized myself instead of worshipping You...

For making things, money, or people more important than You....

For not making time to try to understand Scriptures better....

For not accepting Church tradition and Church authority....

For not loving the Church while I criticize her....

For not growing in hope in the midst of a despairing world....

For presuming so often on Your mercy while ignoring Your justice....

For picking and choosing only the convenient parts of Your message....

For closing my heart to the guidance of Your Spirit....

For the times I have been ashamed to show my religious convictions....

For being ignorant and uninformed in my religion because of laziness or lack of interest....

For believing in superstition and astrology....

For the times I have cursed in anger or frustration....

For using Your name in vain, Lord....

For times I have used Your name lightly, without respect....

For the times I have hurt You and others with foul language....

For my unwillingness to dedicate time to pray....

For praying mechanically and without conviction....

For all the times I was not mentally present at Mass....

For the times I have not taken part in the Eucharist because of laziness....

For making excuses to myself claiming that other things are more important than going to Mass....

For lack of respect for the Sacraments, especially Penance and Eucharist....

For not trying to understand my parents....

For disobeying my parents....

Fro disrespecting them....

For not showing love toward my parents and for taking them for granted....

For being negligent and sluggish in fulfilling my duties as a student and family member....

For my moments of impatience at home....

For being uncharitable toward my brothers and sisters....

For the times that I have not been grateful toward those who have helped me grow....

For all the times I have wished evil upon someone....

For putting people on my “black list”, giving them the cold shoulder, and not forgiving them....

For the moments that I have hurt others’ feelings with my words or actions....

For the times I have refused to help those in need....

For feeling sorry for myself....

For refusing to forgive myself and others....

For not challenging myself and being lazy at home or work....

For the gifts and talents I have failed to cultivate....

For looking at pornography and engaging in immoral conversations....

For flirting too much at school or work....

For being unfaithful to those who love me....

For failing to avoid situations that lead to sexual involvement....

For having neglected my human dignity and that of others....

For the times I have misused the gift of my sexuality by myself or with others....

For the times I have cheated....

For the times I have stolen....

For being careless about others and abusing their property....

For wasting Your gifts of food and natural resources....

For the times I have been jealous of others' looks, friends or possessions....

For forgetting the poor....

For not trying to become more competent with my gifts and talents....

For the greed that makes me want so many useless things....

For the times I have spread rumors and gossiped....

For ridiculing others in front to them or behind their back....

For lying....

For playing games with the truth in order to be accepted....

For not standing up for my beliefs in order to be accepted....

For hypocrisy in my words and actions....

For the times I have been too proud to admit I was wrong....

For the times I have been prejudiced....

For the times I have judged people....

For taking advantage of others, using them for my own good....

For not keeping my promises....

For the times I have been sarcastic at the expense of others....

For the times I was unjust toward my neighbors....

For having revealed secret things about others....

For the times I have been the cause of ill-feelings between others....

For the times I have hurt others' feelings on purpose or through neglect....

For the lack of trust and confidence in myself...

For failing to see You in myself and in others, especially those I do not like.....