

Examination of Conscience

Spend a few quiet moments looking over the following questions. They should help you catalog what your actions are and perhaps why you do them. Some of these actions are good, some bad. This examination will help you strengthen the good and eliminate the bad.

POPULARITY

What kind of things do I do to be popular?

Do I take dares?

Do I show off in front of others?

Do I endanger others' lives by my showing off?

Do I let others lead me in directions I do not want to go?

Do I engage in sexual activity to be popular?

Do I tell lies to build up my reputation?

Am I afraid to be friends with those who are not popular?

What good things are involved in my search for popularity?

Do I try to make other people feel relaxed?

Do I go out of my way to meet shy people?

Do I try to cheer up other people?

Am I trying to be a leader?

How can I strengthen the good and eliminate the bad?

COMPETITION

What kind of things do I do in order to compete?

Do I lie?

Am I insincere?

Do I cheat?

Do I steal?

Do I bully people?

Do I manipulate others?

What good things are involved in my competition?

Does my competitiveness urge me to my very best?

Does competition bring me into contact with people I might not otherwise meet?

Do I care about the people I am competing with?

Does competition bring me friends?

How can I strengthen the good and eliminate the bad?

LENT

~~Lent~~ is a time for renewing our lives. How can my life be renewed? God loves me with all my faults and shortcomings. He can and will help me renew my life for Jesus came that we might have life and have it more abundantly.

ACT OF CONTRITION

Lord, I am sorry
for all that is shoddy in my life--
for the times I have been selfish,
for the moments I forgot even You,
for the days on end I spent moddily
thinking only of myself.

Lord, I am thankful
for all that is good in my life--
for the times I have been generous,
for the moments I have cared for others,
for the days and weeks I have loved
You and all Your children.

Help me grow less sorry and more thankful.

Amen.