

What's My Spiritual Temperature?

An examination of conscience can help evaluate a person's spiritual health. Read the following questions. Respond honestly. Circle your response with 0 = never and 10 = all the time. When you are finished, add up your total score. To get your "spiritual temperature," divide your total by eight.

1. Do I participate at Mass, realizing what I give is as important as what I receive?

0 1 2 3 4 5 6 7 8 9 10

2. Do I willingly and openly try to grow in faith?

0 1 2 3 4 5 6 7 8 9 10

3. Do I show respect for authority?

0 1 2 3 4 5 6 7 8 9 10

4. Do I show family members that I love them?

0 1 2 3 4 5 6 7 8 9 10

5. Am I truthful in my behavior, even when I may get in trouble?

0 1 2 3 4 5 6 7 8 9 10

6. Am I considerate of others, even those who aren't my friends?

0 1 2 3 4 5 6 7 8 9 10

7. Do I keep a healthy and respectful attitude towards my body and that of others?

0 1 2 3 4 5 6 7 8 9 10

8. Do I try to see and respond to the needs of others?

0 1 2 3 4 5 6 7 8 9 10

MY TOTAL SCORE _____

MY SPIRITUAL TEMPERATURE
(total divided by eight) _____

5

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