

# Examination of conscience for confession (teens)

We offer a series of questions that can help in the personal examination of conscience prior to confession. This version is intended for young people and adolescents.

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■ Have I rejected or neglected my faith or not bothered to find out more about it? Have I refused to

defend my faith, or been ashamed of it?

■ Have I taken the Lord's name in vain? Have I been superstitious *or put my trust in witch doctors, fortune-tellers or any other like these*? Have I shown disrespect for any holy things, places or people?

■ Have I chosen not to attend Mass on Sundays or Holy Days of Obligation? Have I been attentive during the Mass or do I wilfully get distracted? Have I left God out by not praying?

■ Have I received Holy Communion with a grave sin on my conscience?

■ Have I received Holy Communion without proper reverence?

■ Have I been unhelpful at home? *Have I been respectful and loving towards my parents*? Have I treated my siblings with affection?

■ Have I been impatient, angry or jealous? Do I lose my temper very easily?

■ Have I fostered resentments or been unwilling to forgive? Have I sulked or given in to sarcasm? Have I been hateful or judgemental in thoughts or deeds?

■ Have I failed to work properly at school? Have I cheated in exams? Have I given in to laziness? Do I pay attention during the classes or do I get distracted very easily? Have I treated teachers and other adults with disrespect? Have I been rude?

■ Have I been violent or taken part in fights?

■ Have I hurt anyone by speaking badly about them or by engaging in gossip on the internet? Have I betrayed secrets or told things simply to hurt others?

■ Have I spoken in an indecent way? Have I looked at indecent magazines, websites, videos or images? Have I committed impure acts on my own? Have I been involved in impure acts with someone else?

■ Have I told lies to excuse myself, to hurt others or make myself look more important?

■ Have I stolen anything? Have I misused or damaged the property of others?

■ Have I been jealous of others, of their looks, their popularity, their good work? Do I set my heart on possessing things?

■ Have I encouraged others to do wrong in any way?

■ Have I consumed alcohol excessively or taken drugs?

■ Have I been vain or selfish in my thoughts or actions?

■ Have I preferred physical comfort to service of others? Have I neglected the responsibility to bring others closer to God through my example and words?

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- Confession: a step-by-step guide

- Examination of conscience for children

- Examination of conscience for adults

If you have any questions or would like further information, please contact us at [info@opusdei.ng](mailto:info@opusdei.ng)

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