

## AN EXAMINATION OF CONSCIENCE

Meditation: Let me read the Story of the Good Shepherd in the Bible.

This is a good story about how much Jesus loves me and wants me to be part of His flock. Read John, Chapter 10.

1. God loves me and wants my love.

Do I pray every day and tell God I love Him?  
Do I trust that God loves me and forgives me?  
Do I go to Mass each Sunday (or Saturday evening)?  
Do I try to listen carefully to Mass and say the prayers?  
Do I use God's name with love and reverence?

2. God wants me to love other people.

Do I obey my parents and those who are responsible for me, for example, teachers at school?  
Do I try to see the nice qualities in others rather than the not-so-nice?  
Have I helped other people when they needed help?  
Do I try to be kind to my relatives – aunts, uncles, cousins?  
Do I tell my parents and brothers and sisters that I love them?  
Have I told a lie? Do I forgive others when they hurt me?  
Have I taken something that belongs to another person?

3. God wants me to take care of my well-being.

Do I take care of my body by eating the right food?  
Do I take care of my body by getting enough rest?  
Do I thank God for the life He has given to me and thank Him for the beauty of all life?

4. After thinking about these things, let me turn to Jesus and ask Him to help me do better. He is our Good Shepherd. He can help us do better. He can help us to live a better life, which will make us all happier.