Am I thankful for God's Mercy, especially in these areas?

My Relationship with God

- Have I had false gods in my life like money, drugs, TV/internet, fame, profession, pleasure? Have I given time to God each day in prayer?
- Have I been devout and sincere in my Catholic faith?
- Have I educated myself in the true teachings of the Church?
- Reverence for the Holy Name of God
- Have I used language that is crude, blasphemous, or insulting to my God?
- Have I used God's name carelessly or uselessly? Keeping the Sabbath Holy
- Have I made receiving the Eucharist a priority on Sundays and Holy Days of Obligation?
- Have I made every effort to fully participate in Mass from the very beginning to the very end of Mass?
- Have I used the Sabbath as a time for rest and family, avoiding unnecessary work and activities?

Respect Mother and Father

- Have I disobeyed or disrespected my parents?
- Have I taken care of my parents?

Respect for Self and Others

- Have I been guilty of the sins of impatience or pride?
- Have I entertained angry or hurtful thoughts about myself or another?
- Have I been guilty of drug abuse, drinking alcohol to excess, fighting, or quarreling?
- Have I caused physical injury to another?
- Have I had an abortion or encouraged another to have an abortion?
- Have I been abusive in my relationship to others (verbally, physically, emotionally or sexually)?

Respect for my Body and Others

- Have I entertained impure thoughts or desires, participated in impure conversation?
- Have I deliberately viewed impure material on the internet, television, magazines, or other materials?
- Have I committed impure acts?
- Committed acts that damaged the sanctity of my marriage?
- Have I sought to wound God's gift of fertility through sterilization or contraception?
- Have I treated people as objects for my pleasure?
- Have I been loving and giving with my spouse?
- Respect for the Earth • Have I stolen or cheated in any way?
- Have I fulfilled my obligations to my employer or employees?
- Have I deprived my family of the necessities of life?
- Have I been a good steward of my time at work, school, or at home?
- Have I failed to contribute according to my means to the support of God's church?
- Have I made material possessions the purpose of my life, or been envious of other people's families or possessions?

Respect for Truth

- Have I intentionally lied, or withheld the truth from someone?
- Have I injured others by my lies, or deceived others?
- Have I been guilty of gossip?
- Have I kept the confidence others have entrusted to me?