

Examination of Conscience

- 1) ***I am the Lord your God. You shall not have strange gods before me.*** Do I give God time every day in prayer and seek to love Him with my whole heart? Have I ever been involved with superstitious practices or the occult? Is popularity or fashionable clothing more important to me than God?
- 2) ***You shall not take the name of the Lord your God in vain.*** Have I used God's name in vain: Lightly or carelessly? Have I been angry with God or wished evil upon another person? Do I use the name of Jesus Christ as an expression of surprise or anger?
- 3) ***Remember to keep Holy the Lord's Day.*** Have I deliberately missed Mass on Sundays or Holy days? Have I tried to observe Sunday as a family day and a day of rest? Do I needlessly work on Sundays?
- 4) ***Honor your father and mother.*** Have I shown love and respect to my parents? Have I been neglectful to my state in life as a student/spouse/son or daughter? Do I try to bring peace into my home life and teach my family Christian virtues by word or example?
- 5) ***You shall not kill.*** Have I had an abortion or encouraged anyone to have an abortion? Have I consented to sterilization? Have I abused alcohol, drugs or anything else that can threaten human life? Have I neglected the life of my soul by keeping company with those who lead me to sin?
- 6) ***You shall not commit adultery.*** Have I engaged in fornication, masturbation or homosexual acts? Have I been faithful to my marriage vows in thought and action? Have I used any method of artificial birth control or contraception? Do I realize that sex between unmarried persons is a mortal sin? Do I try to be chaste in my thoughts, actions and way of dress?
- 7) ***You shall not steal.*** Have I stolen what is not mine? Have I returned or made restitution for what I have stolen? Do I waste time at school, work or home? Do I gamble excessively? Do I pay my debts promptly? Do I try to share what I have with the poor? Have I destroyed the property of others?
- 8) ***You shall not bear false witness against your neighbor.*** Have I lied or gossiped? Am I careful not to say anything that would damage the reputation of another? Am I sincere and honest in my dealings with others? Am I critical or uncharitable in my thoughts of others? Do I keep secret what should be kept confidential? Do I find pleasure in telling people about the secrets or faults of others?
- 9) ***You shall not desire your neighbor's wife.*** Have I consented to impure thoughts? Have I caused them by impure reading, films, conversation or curiosity? Do I seek to control my imagination or pray at once to banish impure thoughts and temptation? Do I try to be chaste in my thoughts, words, actions by myself and with others?
- 10) ***You shall not desire your neighbor's goods.*** Am I jealous of what other people have? Do I envy other people's families, success or possessions? Do material possessions mean more to me than spiritual growth or love of God and neighbor? Do I trust that God will care for all of my material and spiritual needs?