

Examination of Conscience

According to the Catholic Catechism

First Commandment

I. "You shall worship the Lord your God and Him only shall you serve."

The first commandment requires us to nourish and protect our faith with prudence and vigilance, and to reject everything that is opposed to it. There are various ways of sinning against faith:

1. Voluntary doubt: about the faith disregards or refuses to hold as true what God has revealed and the Church proposes for believe.
2. Involuntary doubt: refers to hesitation in believing, difficulty in overcoming objections connected with the faith, or also anxiety aroused by its obscurity. If deliberately cultivated doubt can lead to spiritual blindness.
3. Incredulity: Is the neglect of revealed truth or the willful refusal to assent to it.
4. Heresy: is the obstinate post-baptismal denial of some truth which must be believed with divine and Catholic faith, or it is likewise an obstinate doubt concerning the same, refusal of submission to the Roman Pontiff or of communion with the members of the Church subject to him.
5. Despair: man ceases to hope for his personal salvation from God, for help in attaining it or for the forgiveness of his sins. Despair is contrary to God's goodness, to his justice-for the Lord is faithful to his promises-and to his mercy.
6. Presumption: Either man presumes upon his own capacities, hoping to be able to save himself without help from on high, or he presumes upon God's almighty power or his mercy, hoping to obtain his forgiveness without conversion and glory without merit.
7. Indifference: Neglects or refuses to reflect on divine charity: it fails to consider its prevenient goodness and denies its power.
8. Ingratitude: fails or refuses to acknowledge divine charity and to return him love for love.
9. Luke warmness: is hesitation or negligence in responding to divine love; it can imply refusal to give oneself over to the prompting of charity.
10. Acedia or spiritual sloth: goes so far as to refuse the joy that comes from God and to be repelled by divine goodness.
11. Hatred of God: comes from pride. It is contrary to love of God, whose goodness it denies, and whom it presumes to curse as the one who forbids sins and inflicts punishments.

II. "Him Only Shall You Serve"

1. Have you lifted up your mind towards God daily? Have you praised God, given Him thanksgiving and praise for His gifts to you, in your life?
2. Have you kept your promises to God from your Baptism, Confirmation, Matrimony and Holy Orders? Have you broken a vow, did you commit adultery?

III. "You Shall Have No Other Gods Before Me"

1. The First Commandment forbids honoring gods other than the one Lord God Almighty who has revealed Himself to His people. Violations of this Commandment is as follows.
2. Superstition is the deviation of religious of religious feelings and of the practices this feeling imposes by attributing something to magic.
3. Idolatry which is the worship of other gods such as money, power, voodoo dolls, any pagan worship to any source other than God Almighty. Scripture states, "You cannot serve God and mammon." (Josh 3:10, Ps 42:3). Man commits idolatry whenever he honors and reveres a creature in place of God, whether this be gods or demons (such as Satanism), power, pleasure, race, ancestors, the state, money, etc.
4. Divination and Magic, only God can reveal the future to His prophets or to other saints. Have you searched for information about your future by reading your horoscope, having your palm read, or having a tarot card reading? Have you consulted with a magician to place a spell on someone to control their behavior, have you placed hexes or even small spells on another? Do you practice Voodoo to harm another because you don't like something they said or did? Your practice of divination and magic will send you straight to hell for adoring satan. Recall what the Scripture states:

"Now the works of the flesh are manifest, which are fornication, uncleanness, immodesty, luxury, idolatry, witchcrafts, enmities, contentions, emulations, wraths, quarrels, dissensions, sects, envies, murders, drunkenness, revellings, and such like. Of the which I foretell you, as I have foretold to you, that they who do such things shall not obtain the Kingdom of God." (Galatians 5:19-21).

5. All forms of divination are to be rejected: recourse to Satan or demons, conjuring up the dead or other practices falsely supposed to "unveil" the future. Consulting horoscopes, astrology, palm reading, interpretation of omens and lots, the phenomena of clairvoyance, and recourse to mediums all conceal a desire for power over time, history, and in the las analysis, other human beings, as well as a wish to conciliate hidden powers. All practices of magic or sorcery, by which

one attempts to tame occult powers, so as to place them at one's service and have a supernatural power other others—even if this were for the sake of restoring their health—are gravely contrary to the virtue of religion. They conjure up demons to harm others. Wearing charms is also reprehensible, Spiritism often implies divination or magical practices.

6. Irreligion in tempting God, such as putting His goodness and mercy to a test by word or deed. Scripture states, "You shall not put the Lord your God to the test." (Deut. 6:16).
7. Sacrilege consists in profaning or treating unworthily the Sacraments and other Liturgical actions, as well as persons, things or places consecrated to God. Sacrilege is a most grave sin when committed against the Holy Eucharist.
8. Simony is the buying or selling of spiritual things, items already blessed by a Priest. When Simon the magician, wanted to buy the spiritual power he witnessed the Apostles do, such as driving out demonic spirits from others, Simon asked how he could purchase such abilities. St. Peter responded: "Your silver perish with you, because you thought you could obtain God's gift with money!" (Acts 8:20)
9. Atheism covers many different phenomena. A common form of it is the practical materialism which restricts its needs and aspiration to space and time. Atheistic humanism falsely considers man to be "an end to himself, and the sole maker, with supreme control, of his own history." Another form is the liberation of man through economic and social liberation.
10. Agnosticism assumes a number of forms, it refrains from denying God; or they make no judgment about God's existence, declaring it impossible to prove, or even to affirm or even deny. Agnosticism is often equivalent to practical atheism.

IV. "You Shall Not Make For Yourself A Graven Image"

1. God ordained, permitted the making of images that pointed symbolically towards salvation by the Incarnate Word, like the "bronze serpent" (Numbers 21:4-9), the Ark of the Covenant and the Cherubim angels. The Christian veneration of images is not contrary to the First Commandment which proscribes idols. The "honor rendered to an image passes to its prototype" and "whoever venerates an image venerates the person portrayed in it." The honor paid to sacred images is a "respectful veneration", not the adoration due to God alone (refer to Council at Nicaea—787).
2. Adoring a graven image such as other known religions who worship godlike animals with human features certainly is forbidden. Other items could be your computer, television, cell phone, etc. If it takes you away from worshiping and honoring the one true God, it can be considered an idol.

Refer to Catholic Catechism. Para. 2084 through 2132. Pages 505-516.

