

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?
- Do I seek to love Him with my whole heart?
- Have I been involved with occult or superstitious practices?
- Do I seek to surrender myself to God's Word as taught by the Church?

2. *You shall not take the name of the Lord your God in vain.*

- Have I used God's name in vain carelessly?
- Have I been angry with God?
- Have I wished evil upon any other person?
- Have I insulted a sacred person or abused a sacred object?

3. *Remember to keep holy the Lord's day.*

- Have I deliberately missed Mass on Sunday's or Holy days?
- Have I tried to observe Sunday as a family day and a day of rest?
- Do I do needless work on Sunday?

4. *Honor your father and your mother.*

- Do I honor and obey my parents?
- Have I neglected my duties to my spouse and children?
- Have I given my family good religious examples?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirmed relatives?

5. *You shall not kill.*

- Have I had an abortion or encouraged anyone to have an abortion or sterilization?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading them into sin?
- Have I been angry or resentful?
- Have I harbored hatred and unforgiveness in my heart towards anyone?
- Have I mutilated myself through any form?

6. *You shall not commit adultery.*

- Have I engaged in any sexual activity outside of my marriage?
- Have I been guilty of masturbation?
- Have I been guilty of pornography of any kind?
- Have I sought to control my thoughts?
- Have I respected all members of the opposite sex, or have I thought of other people as objects?
- Have I been guilty of any homosexual activity?
- Do I seek to be chaste in my thoughts, words and actions?
- Am I careful to dress modestly?

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 work, school or at home?
- Do I gamble excessively thereby denying my family of their needs?
- Do I pay my debts promptly?
- Do I seek to share what I have with the poor?

8. *You shall not bear false witness against your neighbor.*

- Have I lied?
- Have I gossiped?
- Have I spoken behind someone else's back?
- Am I sincere in my dealings with others?
- Am I critical, negative, or uncharitable in my thoughts of others?
- Do I keep secret what should be kept confidential?

9. *You shall not desire your neighbor's wife.*

- Have I consented to impure thoughts?
- Have I caused them by impure reading, movies, conversation or curiosity?
- Do I seek to control my imagination?
- Do I pray at once to banish impure thoughts and temptations?

10. *You shall not desire your neighbor's goods.*

- Am I jealous of what other people have?
- Do I envy other people's families or possessions?
- Am I greedy or selfish?
- Are material possessions the purpose of my life?
- Do I trust that God will care for all of my material and spiritual needs?

Further Examinations

- *Have I ever received Holy Communion in the state of mortal sin?*
- *Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from a Priest?*
- *Do I consciously seek to imitate Christ in all of my dealings with others?*
- *Do I have a Confessor who gives me spiritual direction?*
- *Do I try to go to Confession at least once a month as part of the First Saturday devotion?*
- *Do I ask Our Lady to help me to examine my conscience and make a sincere and honest Confession.*
- *Do I lead others to make frequent use of the Sacraments by taking my children to Confession?*