

# Lent Reconciliation Celebration – Sunday March 18 4:00 PM

*Several Priests in Attendance*

## *Prepare your Hearts* – 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?
- Have I been involved with superstitious practices or have I been involved with the occult?
- Do I seek to surrender myself to God's Word as taught by the Church?
- Have I ever deliberately told a lie in confession or have I withheld a mortal sin from the priest in confession?

### [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? • Have I wished evil upon another 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 Sundays or Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest? • Do I do needless work on Sunday?

### [4] **Honour your Father and your Mother.**

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

### [5] **You shall not kill.**

- Have I had an abortion or encouraged anyone to have an abortion?
- Have I physically harmed anyone? • Have I abused alcohol or drugs?
- Have I been angry or resentful? • Have I harbored hatred in my heart?

### [6] **You shall not commit adultery.**

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Have I used any method of contraception or artificial birth control in my marriage?
- Has each sexual act in my marriage been open to the transmission of new life?
- Have I respected all members of the opposite sex, or have I thought of other people as objects?
- 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, conversations 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 the families or possessions of others?
- 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?