

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 insulted a sacred person or abused a sacred object?
- Have I wished evil upon another person?

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

[5] You shall not kill.

- Have I had an abortion or encouraged anyone to have an abortion?
- Have I physically harmed anyone?
- Have I been angry or resentful?
- Have I abused alcohol or drugs?
- 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?
- Do I waste time at work, school or at home?
- Do I pay my debts promptly?
- Have I returned or made restitution for what I have stolen?
- Do I gamble excessively, thereby denying my family of their needs?
- Do I seek to share what I have with the poor?

[8] You shall not bear false witness against your neighbor.

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

[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?
- Am I greedy or selfish?
- Do I trust that God will care for all of my material and spiritual needs?
- Do I envy the families or possessions of others?
- Are material possessions the purpose of my life?