

Examination of Conscience

1st Commandment: I am the Lord your God. You shall worship the Lord your God and him only shall you serve.

- Have I...
- Set time aside each day for personal prayer to God?
 - Denied the existence of God?
 - Deliberately misled others about doctrine or the Faith?
 - Rejected the Catholic faith, joined another denomination, or joined or practiced another religion?
 - Committed a sin in expectation of forgiveness, or asking for forgiveness without conversion and practicing virtue?
 - Loved or been influenced by people, objects, or ideals more than God?
 - Hidden a serious sin or told a lie in confession?

2nd Commandment: You shall not take the name of the Lord in vain.

- Have I...
- Used the name of God in cursing or blasphemy?
 - Failed to keep vows or promises that I have made to God?
 - Spoken about the Faith, the Church, the saints, or sacred things with irreverence, hatred, or defiance?
 - Watched television or movies, or listened to music that treated God, the Church, the saints, or sacred things irreverently?
 - Used vulgar, suggestive, or obscene speech?
 - Belittled others in my speech? Behaved disrespectfully in Church?
 - Misused places or things set apart for the worship of God?
 - Committed perjury?
 - Blamed God for my failings?

3rd Commandment: Remember to keep holy the Sabbath day.

- Have I...
- Missed Mass on Sunday or Holy Days (w/o sufficient reason)?
 - Committed a sacrilege against the Blessed Sacrament?
 - Received a sacrament while in the state of mortal sin?
 - Habitually come late to and/or leave early from Mass without a good reason?
 - Shop, labor, or do unnecessary business on Sunday or Holy Days?
 - Eat or drink within 1 hour of receiving Communion (other than medical need)?

4th Commandment: Honor your father and mother.

- Have I...
- Obeyed all that my parents reasonably asked of me?
 - Neglected the needs of my parents in their old age or in their time of need?
 - Been a good example of how to live the Catholic Faith?
 - Lived in obedience to those who legitimately exercise authority over me?
 - Have I broken the law?
 - Have I supported or voted for a politician whose positions are opposed to the teachings of Christ and the Catholic Church?

5th Commandment: You shall not kill.

- Have I...
- Been involved in abortion, directly or indirectly?
 - Seriously considered or attempted suicide?
 - Unjustly threatened or inflicted bodily harm to another person?
 - Verbally or emotionally abused another person?
 - Been prejudiced, or unjustly discriminated against others?
 - Purposely provoked another by teasing or nagging?

- Recklessly endangered my life or health, or that of another?
- Abused alcohol or used drugs? Over-eaten?
- Encouraged others to sin by giving scandal?
- Caused serious injury or death by criminal neglect?
- Kept hatred in my heart?
- Been unforgiving to others, when mercy or pardon was requested?
- Sought revenge or hoped something bad would happen to someone?
- Delighted in someone else's suffering?
- Treated animals cruelly, causing them unnecessary suffering or death?

6th & 9th Commandments: You shall not commit adultery. You shall not covet your neighbor's wife.

- Have I...
- Practiced the virtue of chastity?
 - Used artificial means of birth control in my marriage?
 - Sterilized my sex organs for contraceptive purposes?
 - Willfully entertained impure thoughts?
 - Purchased, viewed, or made use of pornography?
 - Watched movies or tv that involve sex and nudity?
 - Listened to music, talk, or jokes that are harmful to purity?
 - Had sexual relations outside of marriage?
 - Engaged in homosexual activity?
 - Masturbated?
 - Engaged in sexual foreplay reserved for marriage?
 - Seduced someone, or allowed myself to be seduced?
 - Made uninvited and unwelcome sexual advances toward another?
 - Purposefully dressed immodestly?

7th & 10th Commandments: You shall not steal. You shall not covet your neighbor's goods.

- Have I...
- Stolen?
 - Envied others on account of their possessions?
 - Tried to live in a spirit of Gospel poverty & simplicity?
 - Considered that God has provided me with money so that I might use it to benefit others, as well as for my own legitimate needs?
 - Deliberately destroyed or lost another's property?
 - Cheated on a test, taxes, sports, games, or in business?
 - Failed to honor a contract or make good on a debt?
 - Overcharged someone, to take advantage of them?
 - Misused natural resources?
 - Trusted that God will take care of my material and spiritual needs?
 - Wasted time, schooling, or at home?

8th Commandment: You shall not bear false witness against your neighbor.

- Have I...
- Lied?
 - Gossiped or spoken behind someone's back?
 - Failed to defend the Faith, the Church, or another person?
 - Betrayed another's confidence through speech?
 - Been critical, negative, or uncharitable in my thoughts of others?