

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 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 received communion in the state of mortal sin?
- Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?
- Are there other "gods" in my life? Money, Security, Power, People, etc.?

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 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 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. *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 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 or helped anyone to have an abortion?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading him or her into sin?
- Have I been angry or resentful?
- Have I harbored hatred in my heart?
- Have I mutilated myself through any form of sterilization?
- Have I encouraged or condoned sterilization?
- Have I engaged, in any way, in sins against human life such as artificial insemination or in vitro fertilization?
- Have I participated in or approved of euthanasia?

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 been guilty of masturbation?
- Do I seek to control my thoughts and imaginations?
- Have I respected all members of the opposite sex, or have I thought of other people as mere objects?
- Have I been guilty of any homosexual activity?
- Do I seek to be chaste in my thoughts, words, 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, and 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?

-Have I cheated anyone out of what is justly theirs, for example creditors, insurance companies, big corporations?

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

-Have I lied? Have I gossiped?

-Do I speak badly of others behind their 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?

-Have I injured the reputation of others by slanders?

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

-Have I consented to impure thoughts?

-Have I caused them by impure reading, movies, television, conversation or curiosity?

-Do I pray at once to banish impure thoughts and temptations?

-Have I behaved in an inappropriate way with members of the opposite sex: flirting, being superficial, etc.?

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?