

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 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?

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 anyone to have an abortion?
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 in my heart?
Have I undergone any form of sterilization?
Have I encouraged or condoned sterilization?

6). You shall not commit adultery.

Have I been faithful to my marriage vows in thought and action?
Have I engaged in sexual activity outside of marriage?
Have I used any method of artificial contraception or birth control?
Have I been guilty of masturbation?
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?
Do I try 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?
Did I return or make restitution for what I stole?
Do I waste time at work, school or at home?
Do I gamble excessively?
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 peoples' 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 needs?