

AN EXAMINATION OF CONSCIENCE



1. *I am the Lord your God. You shall not have strange gods before me.*

- Do I seek to love God with all my heart and with all my soul and with all my strength (Dt 6:5)? Do I put anything or anyone above God? Do I pray daily?
- Have I had any involvement with the occult, witchcraft, Wicca, Ouija boards, séances, tarot cards, new age crystals, fortune telling, or the like? Have I put faith in horoscopes?
- Have I received Holy Communion in the state of mortal sin?
- Have I abused the Sacrament of Penance by lying to the priest or deliberately not confessing a mortal sin?
- Have I denied a truth of the faith out of concern for the respect or opinion of others?

2. *You shall not take the name of the Lord your God in vain.*

- Have I used God's holy name irreverently?
- Have I blasphemed God, the Church, Mary, the saints, or sacred places or things?

3. *Remember to keep holy the Lord's Day.*

- Do I try to keep Sunday as a day of prayer, rest, and relaxation, avoiding unnecessary work?
- Have I deliberately come late or left early from Mass without a good reason?

4. *Honor your father and your mother.*

- Do I honor and respect my parents?
- Have I deliberately hurt my parents?
- Do I treat my children with love and respect?
- Do I support and care for the well-being of all family members?
- Have I neglected family duties?
- Do I honor and obey my lawful superiors?

5. *You shall not kill.*

- Have I deliberately harmed anyone?
- Have I had an abortion or encouraged an abortion?
- Have I attempted suicide or seriously considered it?
- Have I abused drugs or alcohol?
- Have I led anyone to sin through bad example or through direct encouragement?

6. *You shall not commit adultery.*

For the married

- Am I faithful to my spouse in thought and action?
- Have I used artificial contraception, or been sterilized?
- Was I married outside the Church without proper permission of the Church?

For the unmarried

- Have I engaged in sexual activity with anyone of either sex?

For all

- Have I deliberately viewed pornographic magazines, videos or internet websites?
- Have I masturbated?
- Have I used impure language or told impure jokes?
- Do I dress modestly?

7. *You shall not steal.*

- Have I stolen or accepted stolen goods?
- Have I deliberately destroyed the property of others?
- Have I cheated anyone of what I owe?
- Do I gamble excessively?
- Do I share what I have with the poor and the Church according to my means?
- Have I pirated materials: videos, music, software?

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

- Have I lied? Have I sworn falsely?
- Have I plagiarized or been academically dishonest?
- Have I gossiped? Have I revealed secrets or confidential information without good reason?
- Have I ruined the good name of others by spreading lies or maliciously revealing their faults and sins?

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

- Have I deliberately and consciously permitted sexual thoughts about anyone besides my spouse?
- Do I guard my imagination and senses?
- Have I watched shows, plays, pictures or movies that contain impure scenes with the deliberate intention of being aroused by them? Am I responsible about what I read?

10. You shall not desire your neighbor's goods.

- Am I envious of the possessions, abilities, talents, beauty, or success of others?

You shall love your neighbor as yourself.

- Do I love my neighbor? Is there anyone whom I do not love or refuse to love? Have I wished harm or misfortune on anyone?
- Do I forgive from my heart those who have hurt me? Do I harbor hatred or grudges? Do I pray for my enemies?
- Have I ridiculed or humiliated others?
- Do I seek to help others in need?
- Do I love myself as God loves me? Do I care for my physical, emotional, and spiritual health?
- Do I forgive myself for my sins after bringing them to God in the Sacrament of Reconciliation?

Precepts of the Church

- Have I deliberately missed Mass on a Sunday or Holy Day of obligation without a serious reason?
- Do I go to confession at least once a year when I have serious sins to confess?
- Do I receive Holy Communion, at least once during Eastertime?
- Do I take part in the major feasts celebrating Our Lord, the Virgin Mary, and the saints?
- Do I abstain from meat on Fridays during Lent (for ages 14 and over) and fast on one full meal on Ash Wednesday and Good Friday (for ages 18-59)?
- Do I fast for one hour before Holy Communion (water and medicine allowed)?
- Do I contribute to support the material needs of the Church?

