

EXAMINATION OF CONSCIENCE

"If we say, 'We are free from guilt of sin,' we deceive ourselves; the truth is not to be found in us. But if we acknowledge our sins, he who is just can be trusted to forgive our sins and cleanse us from every wrong."

(1 John 1:8-9)

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, witchcraft, fortune telling, ouija, seances, tarot card, good luck charms or believing in horoscope?
- * Do I "compartmentalize" God in my life? Do I strive to be in union with God in every situation?
- * Have I ever received communion in the state of mortal sin?*[To be a mortal sin, subject matter must be grave (or serious); committed with full knowledge (and awareness) of the sinful action and the gravity of the offense and committed with deliberate and complete consent.]*
- * Have I ever deliberately told a lie or withheld a mortal sin from the priest in Confession?
- * Have I ever despaired? Given up on God's love?
- * Have I ever sinned presuming God would forgive me afterwards?
- * Are there other "gods" in my life? Money, Security, Power, People, etc. Am I materialistic?

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

- * Have I used God's name lightly or carelessly?
- * Have I wished evil on God or anyone?
- * Have I insulted abused a sacred object?

Remember to keep holy the Lord's Day.

- * Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- * Have I avoided unnecessary work on Sunday: a solemn rest, holy to the Lord? (cf. Ex 31:15)

Honor your father and your mother.

- * Do I honor and obey my parents?
- * Have I neglected my family responsibilities?
- * Am I charitable to all my family members?

You shall not kill.

- * Have I ever deliberately hurt anyone?
- * Have I had an abortion? Have I ever encouraged or helped anyone to have an abortion?
- * Do I have unresolved issues of hatred, anger or resentment? "Talk through this" with the priest.
- * Have I abused alcohol or drugs?
- * Did I consciously scandalize people and thereby lead them to sin?
- * Have I encouraged or condoned sterilization?
- * Have I participated in or approved euthanasia?
- * Have I attempted or seriously considered suicide?

You shall not commit adultery.

(For those who are not married)

- * Have I engaged in any sexual activity?
- * Do I try to control my thoughts and imaginations?
- * Have I masturbated or tried to become sexually aroused by touching or over passionately kissing?
- * Have I respected all members of the opposite sex, or have I thought of other people as mere objects?
- * Do I seek to be pure in my thoughts, words, and actions? Do I avoid porn, immodest jokes etc?
- * Am modest in dress?

You shall not steal.

- * Have I taken taken what is not mine? Destroyed property that belonged to someone else?
- * Have I ever withheld property by neglecting or ignoring the poor? Am I generous?
- * Do I waste time at work, school, and home?

- * Have I cheated anyone out of what is justly theirs, for example: department stores, creators of movies and music?

You shall not bear false witness against your neighbor.

- * Have I lied or sworn falsely?
- * Have I gossiped or ruined anyone's reputation?
- * Do I keep secret what should be kept confidential?
- * Are my thoughts critical, negative, uncharitable?

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 appropriate way with members of the opposite sex: flirting, being superficial, etc.?

You shall not desire your neighbor's goods.

- * Am I envious of the possessions, talents and successes of others?
- * Have I ever acted out of jealousy?

You shall love your neighbor as yourself.

- * Are there any persons you would refuse love to?
- * Do I assist others in need? Have I ever ridiculed or rejected anyone? Am I prejudice or judgemental?
- * Do I forgive and pray for my enemies?
- * Do I love myself as God loves me? Do I take care of my spiritual, emotional and physical health?