

EXAMINATION of CONSCIENCE for ADULTS

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?
- 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 God in vain.*

- Have I used God's name in vain: lightly or carelessly?
- Have I been angry with God?
 - Have I committed perjury?
- 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 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 physically harmed anyone?
 - Have I abused alcohol or drugs?
- Have I had an abortion or encouraged or helped anyone to have an abortion?
 - 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 my body?
- Have I participated in or approved of euthanasia?

6. & 9. *You shall not commit impure actions or have impure thoughts.*

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Has each sexual act in my marriage been open to the transmission of new life?
- Have I been guilty of masturbation?
- 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?
- Have I consented to impure thoughts?
- Have I caused them by impure reading, movies, television, conversation or curiosity (pornography)?

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?

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?

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?