

# EXAMINATION OF CONSCIENCE

## 1. **You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.**

- Do I strive to have a personal love relationship with God?
- Does God truly hold the first place in my life?
- Do I “compartmentalize” God in my life? Am I a Christian on Sundays but something else during the week?
- Have I participated in the occult, witchcraft, fortune telling, Ouija boards, séances, tarot cards, good luck charms? Have I actually believed in horoscopes?
- Have I received Communion in a state of mortal sin?
- Have I told a lie in Confession or deliberately withheld confessing a mortal sin?
- Have I ever denied a truth of the Catholic faith out of embarrassment?
- Have I ever despaired of God’s love for me?
- Have I sinned presuming that God would forgive me afterwards?
- Do I seek to be with God in prayer regularly?

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

- Have I insulted God’s holy name or used it lightly or carelessly?
- Have I wished evil on anyone?

## 3. **Remember to keep holy the Lord’s Day.**

- Have I missed Mass deliberately on Sundays or Holy Days of Obligation?
- Do I show God indifference by not taking Mass seriously? Do I leave early or come late deliberately or without good reason?

## 4. **Honor your father and your mother.**

- Do I honor and obey my parents? Have I cursed at my parents or harmed them in any way?
- Do I honor and obey my legitimate superiors?
- Have I neglected my family responsibilities?

## 5. **You shall not kill.**

- Have I deliberately hurt anyone?
- Have I abused drugs or alcohol?
- Do I have unresolved issues of hatred, anger, or resentment?
- Have I given scandal to anyone by my sins, thereby leading them to sin?
- Have I attempted suicide or seriously considered it?

## 6. **You shall not commit adultery.**

- (For married persons...): Am I faithful to marriage vows in thought and action?
- Was I married outside of the Church without proper permission of the Church? (Ask the priest if you are not sure.)
- Have I used artificial birth control or been sterilized? (for more information, see +)
- (For those not married...): Have I been sexually active with anyone—male or female?
- Have I indulged in pornographic magazines, videos, or websites?
- Have I used impure language or told impure jokes?
- Am I modest in dress?

## 7. **You shall not steal.**

- Have I taken what is not mine? Destroyed property belonging to someone else? Knowingly accepted stolen goods?
- Have I neglected those in need or ignored the poor? Am I generous with the material possessions I have?
- Have I cheated?
- Have I stolen anything from an employer or employee?
- Have I illegally copied CDs or computer software?

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

- Have I lied or sworn falsely?
- Have I gossiped or ruined anyone’s good name?
- Have I revealed information about anyone, which should have been kept confidential?

## 9. **You shall not desire your neighbor’s wife.**

- Have I deliberately and consciously permitted sexual thoughts about someone to whom I am not married? Do I try to control my imagination?
- Am I responsible for the books I read and the movies I watch? Have I watched shows, videos, plays, or movies that contain impure scenes with the deliberate intention of watching those impure scenes?

## 10. **You shall not desire your neighbor’s goods.**

- Am I envious of the possessions, talents, and successes of others?
- Have I acted out of jealousy of someone's gifts or talents?

## **You shall love your neighbor as yourself.**

- Do I love my neighbor? Are there persons who I do not love or refuse to love? Have I ridiculed or humiliated others? Am I prejudiced?
- Do I seek to help and assist others in need, especially the poor who live around me?
- Do I seriously try to love others as Jesus wants?
- Do I forgive from my heart those who have hurt me? Do I pray for my enemies?
- Do I love myself as God loves me? Do I care for my physical, emotional, and spiritual health?