

An 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 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 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 or helped anyone to have an abortion?
 - Have I physically harmed anyone?
 - Have I abused alcohol or drugs?
 - 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 myself through any form of sterilization?

- Have I encouraged or condoned sterilization?
- Have I engaged, in any way, in sins against human life such as artificial insemination or in vitro fertilization?
- Have I participated in or approved of euthanasia?

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

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Have I used any method of contraception or artificial birth control in my marriage?
- Has each sexual act in my marriage been open to the transmission of new life?
- Have I been guilty of masturbation?
- Do I seek to control my thoughts and imaginations?
- 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?
- Am I careful to dress modestly?

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, for example creditors, insurance companies, big corporations?

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?

9. ***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 inappropriate way with members of the opposite sex: flirting, being superficial, etc.?

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?
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Act Of Contrition

O my God,
I am heartily sorry for
having offended Thee,
and I detest all my sins,
because I dread the loss of heaven,
and the pains of hell;
but most of all because
they offend Thee, my God,
Who are all good and
deserving of all my love.
I firmly resolve,
with the help of Thy grace,
to confess my sins,
to do penance,
and to amend my life.

Amen