

An Examination of Conscience based on The Ten Commandments

1. I AM THE LORD YOUR GOD, YOU SHALL HAVE NO OTHER GODS BESIDES ME.

- a. Do I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves?
- b. Do I make a god out of my work, my possessions, or my image in the eyes of others so that these rule my life instead of God?
- c. Have I tried to grow in the knowledge of God through daily prayer and scripture reading?
- d. Have I taken time to teach my family about the ways of God and to pray with them?

2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.

- a. Have I resorted to profane language by cursing and swearing?
- b. Do I use God's name in vain, lightly, carelessly, by blasphemy?
- c. In conversations, do I participate in slander or jokes aimed at demeaning religion, the church or God's authority?

3. REMEMBER TO KEEP HOLY THE SABBOTH.

- a. Have I allowed myself to become so dominated by my work or chores that I have not set aside Sunday for spiritual and family activities?
- b. Have I attended Mass every Sunday and on Holy Days of Obligation?
- c. In my prayer and attendance at Mass, am I content with a passive observance rather than devoting myself to genuine worship of the Lord?

4. HONOR YOUR FATHER AND YOUR MOTHER.

- a. As a young person in the family home, do I listen to, respect, and obey my parents when they instruct me?
- b. As an adult, do I visit and care for my parents in their old age?
- c. Do I harbor short-germ or long-standing resentments toward my parents? Do I blame them for my own shortcomings?

5. YOU SHALL NOT KILL.

- a. Have I ever struck anyone in anger, intending to injure them?
- b. Have I ever advocated abortion, either through my opinions in conversation or by actively assisting someone in procuring an abortion?
- c. Have I ever endangered myself or the life of another person through the taking of drugs or the abuse of alcohol?

6. YOU SHALL NOT COMMIT ADULTERY.

- a. Have I engaged in sexual activity outside of marriage?
- b. Have I given my mind over to lustful thoughts or fantasies?
- c. Have I read pornography or watched indecent movies or television shows?

7. YOU SHALL NOT STEAL.

- a. Have I taken anything that did not belong to me?
- b. Have I cheated on tests or homework?
- c. Have I wasted time and cheated my employer by not doing a full day's work for my wages?
- d. Have I taken the intellectual property of others, by taking their ideas without giving credit?
- e. Have I been extravagant in my manner of life, to the neglect of the poor of the world?

8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.

- a. Have I defamed the good name of another person by taking part in gossip or slander?
- b. Have I injured the reputation of another person by speaking about their failures and sins with little desire or intention to help them?
- c. Have I condoned prejudice and hatred toward people of another nationality, race or religion?

9. YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.

- a. Have I sought the affections of another's spouse?
- b. Have I contemplated infidelity to my spouse?
- c. Have I upheld the dignity of my spouse in all circumstances?

10. YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.

- a. Do I habitually compare myself with others in terms of wealth, status, and financial security?
- b. Am I jealous of the personal qualities of others, or envious of their possessions or success?
- c. Do I support my church sufficiently and give generously to the poor?

ACT OF CONTRITION

Oh my God, I am heartily sorry for having offended you. I detest all my sins because I dread the loss of heaven and the pains of hell. But most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your Grace, to sin no more and to avoid the near occasions of sin.