

# Examination of Conscience

## Preparing for the Holy Sacrament of Reconciliation

### First Commandment

**I am the Lord God, you shall have no other gods.**

- Do I make a god out of my work, my possessions, my impulses and desires or my own image in the eyes of others so that these rule my life instead of God?
- Do I try to grow in knowledge of God by daily prayer, Scripture reading, and honest study of the Church's teachings?
- Have I ever dabbled in the occult or given credence to horoscopes, Ouija boards, channeling, tarot cards, superstition or fortune telling?
- Do I easily give up on God's grace and willingness to help me in times of distress?

### Second Commandment

**You shall not take the name of the Lord in vain.**

- Have I resorted to profane language by cursing and swearing?
- In conversations, have I assented to slander and jokes aimed at demeaning religion, the Church, or God's authority?

### Third Commandment

**Remember the Sabbath Day, to keep it Holy.**

- Have I allowed myself to be so dominated by my work or the activities of life that I don't go to Mass every Sunday?
- Do I prioritize coming to Mass every Sunday and Holy Day, or do I rationalize that "God won't mind if I miss now and then," or "Going to church once in a while is good enough-most people don't even go at all."
- In my prayer and attendance at Holy Mass, am I content with passive or ritualistic observance rather than devoting myself to true worship?
- Do I make the effort to actively engage my heart when I come to worship at Mass?

### Fourth Commandment

**Honor your Father and Mother.**

- As an adult, do I deal genuinely with my parents in charity and truth to foster genuine relationships?
- Have I legitimately tried to work out problems with my parents according to the truth of the teachings of the Church?

### Fifth Commandment

**You shall not kill.**

- Have I harmed anyone with unjust anger toward them?
- Have I developed a habit of speaking and behaving toward my family or others which is abusive or demeaning?
- Do I secretly tolerate a culture where abortion is available and treated as a right even though life is the most basic right given by God?
- Have I ever advocated abortion, either through my opinions, in conversation, or by actively assisting someone in procuring one?
- Have I ever endangered myself or the life of another person by taking drugs or abusing alcohol?
- Do I take care of my health and properly attend to eating without gluttony?

### Sixth Commandment

**You shall not commit adultery.**

- Have I engaged in sexual activity outside of marriage?
- Have I misused the gift of my sexuality or others through sexual acts outside marriage, contraceptive acts within marriage, masturbation, giving my mind over to lustful thoughts, fantasies, or pornography?
- Am I respectful in speech regarding human sexuality or do I enjoy lewd jokes and obscene discussions or stories?
- Do I promote a healthy and generous relationship with my spouse so that I may honor my marriage vows of being "two in one flesh."

### Seventh Commandment

**You shall not steal.**

- Have I taken anything that did not belong to me?
- Have I been dishonest in the payment of my taxes or in my business?
- Have I cheated my employer by wasting time and not doing a full day's work?
- Have I been extravagant in my manner of life, to the neglect of real needs of my family or of the poor?
- Have I been slothful and lazy in fulfilling my promises and commitments to God, myself, and others in my family or workplace?

### Eighth Commandment

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

- Have I defamed someone's good name by taking part in gossip or slander?
- Have I injured the reputations of other people by speaking about their failures and sins with little desire or intention to help them?
- Have I condoned prejudice and ill-feeling towards members of the opposite sex or people of another nationality, race or religion?
- Do I correct others when they are speaking unfairly or untruthfully about another?

### Ninth Commandment

**You shall not covet your neighbor's wife.**

- Have I sought the affections of another's spouse?
- Have I indulged in fantasies or infidelity against my spouse?
- Have I rejected my family in my heart, wishing to distance myself emotionally and personally from them for selfish or unjust reasons?

### Tenth Commandment

**You shall not covet your neighbor's goods.**

- Do I habitually compare myself with others in terms of wealth, status, and financial security? Am I jealous of the personal qualities of others or envious of their possessions or success?
- Do I keep my finances in order and exercise proper stewardship over what is mine?
- Do I support my Church according to my means and give generously to the poor?

# Examination of Conscience for Children

## **I am the Lord your God. You shall not have strange gods before me.**

Do I give time every day to God in prayer?

Do I put my trust in superstitions, good luck charms, rather than God alone?

Have I rejected any Church teaching or denied that I was a Catholic?

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

Have I used the words "God" or "Jesus" in anger or irreverently?

Have I used foul or ugly language?

Have I wished evil on another?

## **Remember to keep holy the Lord's day.**

Have I missed Mass on Sunday or any holy day of obligation through my own fault?

Do I arrive at church late or leave early?

Do I respect the Church as a sacred place?

Do I avoid unnecessary work on Sunday?

Do I make Sunday a day of prayer and/or rest?

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

Do I respect and obey my parents when they correct and teach me for my good?

Have I dishonored or mistreated them by word or deed?

Am I willing to help around the house or must I be nagged?

Do I try to get along with my brothers and sisters?

Am I a tattletale or bully?

Do I give a good example, especially to younger siblings?

Do I respect others in authority: teachers, priests, nuns, police, elderly, baby-sitters?

## **You shall not kill.**

Do I beat up others or hurt their bodies?

Do I say cruel things, or make fun of others to hurt their feelings?

Do I say mean things about others behind their backs?

Do I encourage others to do bad things?

Do I try to love all people, born and unborn?

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

Do I treat my body and other people's bodies with purity and respect?

Do I look at television shows, movies or pictures that show impure scenes?

Am I modest in my speech and the clothes I wear?

## **You shall not steal.**

Have I taken things that were not mine from a store or another person?

Have I destroyed or damaged another person's property?

Do I return things that I borrow? In

good condition?

Am I lazy or selfish with my gifts or talents?

Do I do my best in school or other work?

## **You shall not commit false witness against your neighbor.**

Am I honest in my school work?

Do I tell lies to make myself look good?

Do I tell lies to protect myself from punishment?

Do I tell lies that make another person look bad or get them in trouble?

## **You shall not covet your neighbor's wife.**

Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?

Do I get angry when I am not the center of my friend's attention?

Do I exclude other kids from games or other play because they are different or unpopular?

## **You shall not covet your neighbor's goods.**

Am I jealous or envious of the things or abilities that others have?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends and poor people?



## **The Act of Contrition**

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.