

Examination of Conscience

1st Commandment - *"I am the Lord your God. You shall not have strange gods before Me."*

- Did I doubt or deny that God exists?
- Did I refuse to believe what God has revealed to us?
- Did I believe in horoscopes, dreams, the occult, good-luck charms, tarot cards, palmistry, Ouija boards, reincarnation?
- Did I deny that I was Catholic? Did I leave the Catholic faith?
- Did I give time to God each day in prayer?
- Did I despair of or presume on God's mercy?
- Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, fame, pleasure, property, etc.?

2nd Commandment - *"You shall not take the Name of the Lord your God in vain."*

- Did I blaspheme or insult God? Did I get angry with God?
- Did I take God's name carelessly or uselessly?
- Did I curse, or break an oath or vow?

3rd Commandment - *"Keep holy the Sabbath Day."*

- Did I miss Mass Sunday or a Holy Day of Obligation through my own fault?
- Did I come to Mass on time? Leave early?
- Did I do work on Sunday that was not necessary?
- Did I set aside Sunday as a day of rest and a family day?
- Did I show reverence to Jesus in the Blessed Sacrament?

4th Commandment - *"Honor your father and your mother."*

- Did I disobey or disrespect my parents or legitimate superiors?
- Did I neglect my duties to my family?
- Did I neglect to give good religious example to my family?
- Did I fail to actively take an interest in the religious education and formation of my children?
- Did I fail to educate myself on the teachings of the Church?
- Did I give scandal by what I said or did, especially to the young? Did I cause anyone to leave the faith?
- Did I cause tension and fights in my family?
- Did I care for my aged and infirm relatives?

5th Commandment - *"You shall not kill." (Ex 20:13)*

- Did I kill or physically injure anyone?
- Did I have an abortion, or advise someone else to have an abortion?
- Did I use or cause my spouse to use birth control pills (whether or not realizing that birth control pills do abort the fetus if and when conceived)?
- Did I attempt suicide?
- Did I take part in or approve of "mercy killing" (euthanasia)?
- Did I get angry, impatient, envious, unkind, proud, revengeful, jealous, hateful toward another, lazy?
- Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?
- Did I abuse my children?

6th & 9th Commandment - *"You shall not commit adultery... You shall not covet your neighbor's wife."*

- Did I willfully entertain impure thoughts or desires?
- Did I use impure or suggestive words? Tell or listen to impure stories? Listen to them?
- Did I deliberately look at impure TV, videos, plays, pictures or movies? Or deliberately read impure materials?
- Did I commit impure acts by myself?
- Did I commit impure acts with another - fornication, adultery?
- Did I practice artificial birth control?
- Did I marry or advise anyone to marry outside the Church?
- Did I avoid the occasions of impurity?
- Did I try to control my thoughts?
- Did I engage in homosexual activity?
- Did I respect all members of the opposite sex, or have I thought of other people as objects?
- Did I or my spouse have sterilization done?

7th & 10th Commandments - *"You shall not steal... You shall not covet your neighbor's goods."*

- Did I steal, cheat, help or encourage others to steal or keep stolen goods? Have I made restitution for stolen goods?
- Did I fulfill my contracts; give or accept bribes; pay my bills; rashly gamble or speculate; deprive my family of the necessities of life?
- Did I waste time at work, school or at home?
- Did I envy other people's families or possessions?
- Did I make material possessions the purpose of my life?

8th Commandment - *"You shall not bear false witness against your neighbor."*

- Did I lie?
- Did I deliberately deceive others, or injure others by lies?
- Did I commit perjury?
- Did I gossip or reveal others' faults or sins?
- Did I fail to keep secret what should be confidential?

Other sins

- Did I fast on Ash Wednesday and Good Friday?
- Did I eat meat on the Fridays of Lent or Ash Wednesday?
- Did I fail to receive Holy Communion during the Easter Season?
- Did I go to Holy Communion in a state of mortal sin? Without fasting (water and medicine permitted) for one hour from food and drink?
- Did I make a bad confession?
- Did I fail to contribute to the support of the Church?

An Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong, in failing to 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 our sins. In His name, my God, have mercy.
Amen.