

AN EXAMINATION OF CONSCIENCE BASED ON THE 10 COMMANDMENTS

1. I am the Lord, your God; you shall not have strange gods before Me.

Do I seek to love God with my whole heart and soul? Does He truly hold the first place in my life? Have I put anything (e.g., money, power, pleasure) before God?

Have I been involved with the occult or superstitious practices?

Have I ever received Holy Communion in the state of mortal sin?

Have I ever told a lie in Confession or deliberately withheld confessing a mortal sin?

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 treated sacred or blessed objects or places irreverently?

Have I wished evil on anyone?

3. Keep holy the Lord's Day.

Have I missed Mass deliberately on Sunday or a holy day of obligation? Do I try to keep Sunday as a day of rest?

Have I knowingly disregarded the Eucharistic fast or Lenten days of fast and abstinence?

4. Honor your father and your mother.

Do I honor and obey my parents? Do I care for them in their old age?

Have I neglected my responsibilities to my spouse or children?

Is my family life centered on Christ and His teaching?

5. You shall not kill.

Have I murdered or physically harmed anyone? Have I urged or encouraged euthanasia?

Have I participated in or encouraged another to have an abortion?

Have I injured myself, such as by gluttony, drug or alcohol abuse, or sterilization? Have I encouraged another to engage in these behaviors?

Have I harbored hatred, anger, prejudice, or resentment in my heart towards anyone?

Have I given scandal to anyone by my sins, thereby leading them to sin?

6. You shall not commit adultery.

Have I been unfaithful to my marriage vows in thought or deed?

Have I engaged in sexual activity with anyone to whom I am not married?

Have I masturbated or used pornography?

Have I used artificial contraception?

Am I pure in my thoughts, words, and deeds? Am I modest in my dress?

7. You shall not steal.

Have I taken, damaged, or destroyed anything that is not mine?

Am I honest with my employer? With my employees?

Have I gambled excessively, robbing my family of its needs?

Do I seek share what I have with the poor and needy?

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

Have I committed perjury?

Have I lied or gossiped? Have I ruined anyone's good name?

Have I revealed information that should be kept confidential?

Am I sincere in my dealings with others, or am I "two-faced"?

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

Am I envious of another's spouse or family?

Have I consented to impure thoughts? Have I failed to control my imagination?

Am I reckless and irresponsible in the books I read and the movies I watch?

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

Am I envious of the possessions of others?

Am I resentful and bitter over my position in life?