

## EXAMINATION OF CONSCIENCE

*Below is a suggested way of examining your conscience in preparation for a fruitful confession of sin. It focuses on the Ten Commandments and gives examples of the kinds of sins that tend to be committed against each of those divine precepts.*

- I. I am the Lord your God, you shall not have false gods before me.**
- Have I rejected God's revelation as it comes to me through the Scriptures and the teachings of the Church?
  - Have I served money, power, sexuality or any other lesser good as if it were the supreme good to be sought?
  - Have I despaired of God's help? Have I presumed upon God's mercy?
  - Have I placed faith in superstition?
- II. You shall not take the name of the Lord your God in vain.**
- Have I disrespected the holiness of God and of things or persons specially associated with God?
  - Have I made false oaths or failed to keep vows made in God's sight?
- III. You shall keep holy the Sabbath day.**
- Have I failed through my own fault to worship God on Sundays or designated Holy Days of Obligation?
  - Have I kept Sunday holy by using it as a time for recreation and family, as a day of charitable activity and by making extra time for prayer? Have I rested sufficiently to renew me for the tasks of the remainder of the week?
  - Do I pray regularly and attentively throughout the week?
- IV. You shall honor your father and your mother.**
- Have I fulfilled obligations towards my parents, especially in their advancing years?
  - Have I been respectfully obedient to those who are legitimate authorities in my life?
- V. You shall not kill.**
- Have I contributed to or concurred in any way with the taking of human life through abortion, euthanasia or other threats to human life?
  - Have I done damage to another's reputation or well being in any way?
  - Have I jeopardized my own well being through the use of alcohol, drugs or some other self-destructive behavior?
  - Have I wished for ill fate to befall another?
  - Have I done anything that gives bad example to others and might lead them to fall into sin themselves?
- VI and IX. You shall not commit adultery. You shall not covet your neighbor's spouse.**
- Have I engaged in willful sexual intercourse outside of marriage?
  - Within marriage, have I engaged in sexual activity without regard for expressing true love for my spouse or without openness to the possibility of receiving the gift of human life?
  - Have I been sexually impure with another or with myself?
  - Has my marriage been celebrated in the Catholic Church or with the permission of the Catholic Church?
  - Have I pursued and entertained lustful thoughts? Have I been careful about the sexual content of materials I read or view?
- VII and X. You shall not steal. You shall not covet your neighbor's goods.**
- Have I respected the property of others? Have I taken the goods of another or done willful damage to them?
  - Have I taken the intellectual property of others by taking their ideas without giving credit?
  - Have I deprived others of a just wage? Have I failed to give my employer a day's work for a day's pay?
  - Have I failed to share my resources with those less fortunate than me?
  - Have I been discontent with my own blessings from God and envied those of my neighbor?
- VIII. You shall not bear false witness against your neighbor.**
- Have I told serious lies? Have I gossiped?
  - Have I disclosed the faults of another without serious reason to do so?