

Examination of Conscience

FIRST COMMANDMENT: *I am the Lord thy God; thou shalt not have strange gods before Me.*

- How much time do I give to prayer? Was I willfully distracted during my prayers? Do I only pray when I want something? Do I thank God for all the good things He has given me?
- Do I have a lucky charm? Do I use any form of divination such as a *Ouija* board, Tarot Cards, Horoscopes, etc.? Have I visited a palm reader? Do I read books about the occult? Am I fascinated with the occult?
- Do I trust in God and His Providence? Do I harbor doubts about His Love, His Power and His Plan for me and the world? Do I rather place my trust in worldly things such as money, power, looks, clothes, popularity and the like?
- Have I read books harmful to the Faith? Have I ever denied that I was Catholic?
- Have I received Holy Communion with grave sin on my soul? Did I receive the Lord in Holy Communion reverently?
- Have I ever made a bad confession by not being sorry for my sins or by purposely hiding a mortal sin? Do I sin and then presume (or take for granted) that God will forgive me?

SECOND COMMANDMENT: *Thou shalt not take the name of the Lord thy God in vain.*

- Did I use God's name or the holy name of Jesus in anger or for fun or to look "tough" in front of others? Blasphemy consists in uttering, inwardly or outwardly, words of hatred, reproach or defiance against God, Jesus, the Blessed Virgin, or any of the Saints or sacred objects. Did I make fun of holy things? Do I accuse God of everything that goes wrong in my life or the world?
- Did I curse another (wish someone evil)? Do I respect Christ in the anointed of God... in his priests and bishops?
- Have I hesitated to mention God's name in the appropriate situations, in conversations with friends and family members?
- Have I broken an oath or vow?

THIRD COMMANDMENT: *Remember to keep holy the Lord's Day.*

- Have I missed Sunday Mass or a Holy day of obligation through my own fault? Did I come late or leave early at Mass through my own fault?
- Did I whisper, laugh, talk or tease others during Mass?
- Did I use the Sunday Mass to honor and worship God or merely as a chance to socialize?
- Do I participate at Mass by making the appropriate responses? Did I listen to the Readings and the Homily? Did I fast for at least an hour before receiving Holy Communion? Did I dress up for Jesus?
- Do I support the Church through tithing?
- Did I work on Sundays without a serious reason? Did I cause others to work on Sundays (by going shopping, for example)?
- Have I eaten meat on Fridays without doing another form of penance? Did I fast and abstain from meat on Ash Wednesday and Good Friday?

FOURTH COMMANDMENT: *Honor thy father and thy mother.*

- Do I take an active interest in the religious education and formation of my children? Have I educated myself on the Church's teachings?
- Have I given a full day's work for a full day's pay? Do I provide my employees with a fair wage?
- Do I pray for my parents? Have I disobeyed them? Was I disrespectful to them? Did I wish them evil?
- Do I obey my pastor and teachers?
- Am I a source of peace and happiness to my family or a source of division?
- Did I do my chores without being asked or did I wait for my parents to get upset?
- Do I keep harassing my parents to get my way even after they have expressed their desire and reasons for saying no?

FIFTH COMMANDMENT: *Thou shalt not kill.*

- Have I been a party to the culture of death by supporting pro-choice positions or politicians for abortion? Have I advised someone to have an abortion? Have I kept silent about the evil of abortion?
- Do I support killing of the elderly (euthanasia)? Cloning? Embryonic stem-cell research?
- Have I gotten drunk? Used drugs? Operated machinery such as a car under the influence of drink or drugs?
- Have I contemplated suicide? Attempted suicide?
- Do I eat or drink too much or in any way hurt my body? Have I been sterilized? Have I advised others to get sterilized? Have I engaged in fights? Hitting or slapping others? Bullying others? Encourage others to fight? Have I verbally abused others?
- Have I given scandal through my bad example?
- Was I mean or cruel to animals?
- Do I drive recklessly?

SIXTH & NINTH COMMANDMENTS: *Thou shalt not commit adultery. Thou shalt not covet thy neighbor's wife.*

- Did I have impure thoughts and indulge in them? Did I tell impure stories? Did I listen to impure stories or encourage them?
- Did I willfully touch myself in a way that was not pure? Did I touch others on purpose in an impure manner?
- Did I look at things that were not pure (movies, T.V., internet, pictures, books, etc.)?

- Did I take pleasure in indecent dress? Have I been an occasion of sin for others (through my words or dress or actions)?
- Do I support contraception of any kind even though the Church has expressly condemned contraception and shown how it leads to grave evils in society? Did I help someone else get contraception or encourage them to use it?
- Do I honor and respect the bodies of others? Do I pray for the strength to be pure and chaste?

SEVENTH & TENTH COMMANDMENTS: *Thou shalt not steal. Thou shalt not covet thy neighbor's goods.*

- Did I steal anything? Did I help or encourage others to steal? Did I take or keep stolen things given to me by others?
- Did I hurt or spoil another's property? (vandalism)
- Have I cheated in school? Encouraged others to cheat?
- Have I fulfilled my contracts? Have I rashly gambled or speculated? Have I deprived my family of the necessities of life?
- Am I jealous because others do better than I? Have better homes? Clothing? Are better looking? Do I brag, show-off or boast?

EIGHTH COMMANDMENT: *Thou shalt not bear false witness against thy neighbor.*

- Did I tell any lies, even little ones? Did I lie under oath? (Perjury). Did these lies hurt others? (Calumny)
- Did I talk about the sins of others without necessity? (Detraction) Did I reveal what was hidden to others without necessity even if it was true? Everyone has a right to their reputation.
- Did I say mean things about others in their absence? Did I blacken their reputation? (Backbiting)
- Can I be trusted with secrets? Do I spread rumors? Do I gossip?
- Did I flatter others? Exaggerate? Do I stand up for someone who has been falsely accused?

Seven Deadly Sins & → Their Antidote	Spiritual Works of Mercy	Corporal Works of Mercy
<p><i>Pride → Humility</i> <u>Symptoms:</u> demanding too much of self and others; judge ourselves and others too quickly or harshly; overly concerned about appearance or a particular gift; we have to be first and in the center; our way is the only way; brag or exaggerate; dominate situations.</p>	1. instruct the ignorant	1. feed the hungry
<p><i>Envy (jealousy) → Gratitude</i> <u>Symptoms:</u> suspicious; overly critical; delight in sinful desires; feel gyped; covet neighbors' success; put down others; gossip; slander.</p>	2. counsel the doubtful	2. give drink to the thirsty
<p><i>Anger → Forgiveness</i> <u>Symptoms:</u> impatient with self or others; unforgiving; unable to pray; feel we are always gyped; vulgar language; cold or cynical.</p>	3. admonish sinners	3. clothe the naked
<p><i>Sloth (laziness) → Zeal for the mission</i> <u>Symptoms:</u> withdrawal from life; no ideals or goals in life; quit before we finish; never reach out; don't use our talents for God or others.</p>	4. comfort the sorrowful	4. shelter the homeless
<p><i>Gluttony → Asceticism</i> <u>Symptoms:</u> eat too much or often; drink or eat in excess for strength, courage, to cope, or find meaning in life; other forms of escape.</p>	5. bear wrongs patiently	5. visit the sick
<p><i>Avarice (greed) → Generosity</i> <u>Symptoms:</u> too attached to possessions; work too hard or too fast a pace; hoarding of money; don't give to poor; no time for God in prayer or at Mass; no time for family or friends.</p>	6. forgive all injuries	6. visit the imprisoned
<p><i>Lust → Chastity</i> <u>Symptoms:</u> people are objects of gratification; lie to ourselves about relationships; focus more on pleasure than joy; prefer physical intimacy to real loving intimacy; adultery/fornication; pornography; sexually turn us inward rather than to relationship; never trust.</p>	7. pray for the living & dead	7. bury the dead

Three Popular Acts of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because I have offended you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.	O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, 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. Amen.	My God, I am sorry for my sins with all my heart. In choosing to do wrong and in 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 to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.
---	---	---