

# An examination of conscience

## 1. You shall have no other gods besides the Lord your God.

- Do I love God above all things? Is He number one in my life or do I put myself before God?
- Has money and pleasure become more important to me than the God who created me for Himself?
- Do I pray often? Have I neglected my friendship with God by neglecting prayer?
- Have I been involved with occult or superstitious practices, i.e., fortune telling?
- Have I ever received Holy Communion in the state of mortal sin?
- Have I told a lie in confession or deliberately withheld confessing a mortal sin?

## 2. You shall not take the Lord your God's name in vain.

- Have I ever committed perjury, that is, lied under oath in a court of law?
- Have I ever lied after "swearing to God" that I am telling the truth?
- Have I ever used God's name out of anger, that is, as a curse?

## 3. Keep the Sabbath day holy.

- Have I deliberately missed Holy Mass on the Sabbath (Saturday evening through Sunday)?
- Have I ever missed Mass on a Holy Day of Obligation or an important holiday in the liturgical calendar (i.e., Holy Thursday, Good Friday, Easter Sunday, Christmas, Mary the Mother of God, etc.)?

## 4. Honour your father and your mother so that you may live long and flourish.

- Do I disobey my parents?
- Do I fail to respect them?
- Do I swear at them?
- Am I ashamed of them?
- Do I let them know I love them?
- Do I lie to them?
- Do I steal from them?
- Am I obeying and honouring those in place of my parents, such as teachers and principals?
- Do I skip class?
- Do I lie to my teachers?
- Do I swear at them?

## 5. You shall not kill.

- Am I killing myself by taking illegal drugs, such as marijuana?
- Abusing alcohol?
- Have I had an abortion?
- Have I ever counselled anyone to have an abortion?
- Do I stand up for the unborn child's right to life, or have I merely accepted society's anti-life mentality?
- Have I used abortifacient contraceptives or encouraged anyone to do so?
- Have I sterilized myself in any way or encouraged anyone to do so?
- Did I participate in or approve of euthanasia or "mercy-killing"?
- Have I murdered anyone's reputation by deliberately spreading rumours or keeping rumours alive by passing them on?
- Do I nurse anger against anyone?
- Hold a grudge?
- Refuse to forgive another?
- Have I cursed anyone?

**6. You shall not commit adultery.**

Have I ever had sex with anyone?

Have I had sex with myself?

Have I ever watched pornography either on the Internet or through some other media?

Have I ever freely and deliberately entertained impure thoughts?

Have I practiced any form of contraception?

Am I modest in dress?

**7. You shall not steal.**

Do I steal from my parents?

Do I steal from friends?

Have I ever stolen from a stranger?

Have I stolen any property from a store?

In other words, have I ever taken what rightfully belongs to another?

Do I gamble excessively?

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

**8. You shall not bear false witness against your neighbour.**

Am I a liar?

Am I guilty of detraction, that is, making known the faults of others?

Am I guilty of slander, that is, spreading lies about someone?

Do I gossip about others?

Do I reveal information that should be confidential?

Am I "two-faced", that is, have I been a certain kind of person to some people, but a completely different kind of person to others?

**9. & 10. You shall not envy your neighbour's wife and goods.**

Am I envious of others?

Do I wish that others be deprived of the goods or talents that are theirs?

Am I jealous of others?

Do I harbour unforgiveness and grudges against others?

Am I a resentful person?

Do I put down others?

**Traditional way of going to confession:**

"Bless me Father, for I have sinned. It's been \_\_\_\_\_ (weeks, months, years) since my last confession. I accuse myself of....."

\* If you have any difficulty, ask the priest to help you out. He will be happy to do so.

**Act of Contrition:**

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 intend, with your help, to sin no more and to avoid whatever leads me to sin.