

EXAMINATION OF CONSCIENCE

Though your sins be like scarlet, they shall become white as snow. Though they be red like crimson, they shall become white as wool. (Is 1:18)



If we confess our sins, He who is upright can be depended upon to forgive sins, and to cleanse us from every wrong. (1 Jn 1:9)

FIRST COMMANDMENT

"I am the Lord your God. You shall not have strange gods before Me." (Ex 20:2,3)

Did I refuse to believe what God has revealed to us?

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 love God with my whole heart?

Did I despair of or presume on God's mercy?

Did I believe in fortune telling, horoscopes, dreams, the occult, good-luck charms, tarot cards, palmistry, Ouija boards, séances, reincarnation?

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.?

SECOND COMMANDMENT

"You shall not take the Name of the Lord your God in vain." (Ex 20:7)

Did I blaspheme or insult God? Did I take God's name carelessly or uselessly?

Did I curse, or break an oath or vow?

Did I get angry with God?

THIRD COMMANDMENT

"Remember that you keep holy the Sabbath Day." (Ex 20:8)

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 set aside Sunday as a day of rest and a family day?

Did I show reverence in the presence of Jesus in the Most Blessed Sacrament?

FOURTH COMMANDMENT

"Honor your father and your mother." (Ex 20:12)

Did I disobey or disrespect my parents or legitimate superiors?

Did I neglect my duties to my husband, wife, children or parents?

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 true 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?

Did I give a full day's work for a full day's pay? Did I give a fair wage to my employees?

FIFTH 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? (One who procures an abortion is automatically excommunicated, as is anyone who is involved in an abortion, Canon 1398. The excommunication will be lifted in the Sacrament of Reconciliation.)

Did I use or cause my spouse to use birth control pills (which can cause the death of a conceived fetus)?

Did I take part in or approve of "mercy killing" (euthanasia)?

Did I get angry, impatient, revengeful, jealous, hateful toward another?

Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?

Did I abuse my children?

SIXTH & NINTH COMMANDMENTS

"You shall not commit adultery." (Ex 20:14) "You shall not covet your neighbor's wife." (Ex 20:17)

Did I willfully entertain impure thoughts or desires?

Did I use impure or suggestive words? Tell 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 (masturbation)?

Did I commit impure acts with another - fornication (premarital sex), adultery (sex with a married person)?

Did I practice artificial birth control?

Did I marry or advise anyone to marry outside the Church?

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?

Did I abuse my marriage rights?

SEVENTH & TENTH COMMANDMENTS

"You shall not steal." (Ex 20:15) "You shall not covet your neighbor's goods." (Ex 20:17)

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?

EIGHTH COMMANDMENT

"You shall not bear false witness against your neighbor." (Ex 20:16)

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?

Act of Contrition

O my God, I am sorry for my sins with all my heart.
In choosing to do wrong, and 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 avoid whatever leads me to sin.
Amen.