

Examination of Conscience

I am the LORD your God: you shall not have strange gods before me.

Did I doubt or deny that God exists? Did I refuse to believe what God has revealed to us? Did I believe in fortune telling, horoscopes, dreams, the occult, good-luck charms, tarot cards, palmistry, Ouija boards, séances, reincarnation? 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 have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, fame, pleasure, property, video games, music videos, sports etc.?

You shall not take the name of the LORD your God in vain.

Have I disrespected the holiness of God or of things or persons dedicated to God? Have I lied under oath or failed to keep vows made in God's sight? 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?

Remember to keep holy the LORD'S Day.

Did I miss Mass on Sunday or a Holy Day of Obligation through my own fault? Did I come to Mass on time? Leave early? Did I do work on Sunday that was not necessary? 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?

Honor your father and your mother.

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?

You shall not kill.

Did I kill or physically injure anyone? Did I have an abortion, or advise someone else to have an abortion? Did I attempt suicide? Did I take part in or approve of "mercy killing" (euthanasia)? Did I get angry, impatient, envious, unkind, proud, revengeful, jealous, lazy, or hateful toward another? Did I give bad example by drug abuse, drinking alcohol to excess, fighting, and quarreling? Did I abuse my children?

You shall not commit adultery/ covet your neighbor's wife.

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 entertainment or reading materials? Did I commit impure acts by myself (masturbation)? With another (fornication or adultery)? Did I practice artificial birth control (by pills, device, withdrawal)? Did I marry or advise anyone to marry outside the Church? Did I avoid the occasions of impurity? Did I try to control my thoughts? 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?

You shall not steal/covet your neighbor's goods.

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 life's necessities? Did I waste time at work, school or at home? Did I envy other people's possessions? Did I make material possessions the purpose of my life?

You shall not bear false witness against your neighbor.

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

Oh my God, I am heartily sorry for having offended thee and I detest all of my sins, because of thy just punishments, but, most of all because they offend thee, my God, who are all good and worthy of all my love. I firmly resolve with the help of your grace to sin no more and to avoid the near occasion of sin. Amen.