

**AN EXAMINATION OF CONSCIENCE BASED ON
THE TEN COMMANDMENTS**

1. **I AM THE LORD YOUR GOD, YOU SHALL HAVE NO OTHER GODS BESIDES ME.**

- + Do I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves?
- + Do I make a god out of my work, my possession, or my image in the eyes of others so that these rule my life instead of God?
- + Have I tried to grow in the knowledge of God through daily prayer and scripture reading?
- + Have I taken time to teach my family about the ways of God and to pray with them?

2. **YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.**

- + Have I resorted to profane language by cursing and swearing?
- + Do I use God's name in vain, lightly, carelessly, by blasphemy?
- + In conversation, do I participate in slander or jokes aimed at demeaning religion, the Church, or God's authority?

3. **REMEMBER TO KEEP HOLY THE SABBATH DAY.**

- + Have I allowed myself to become so dominated by my work or chores that I have not set aside Sunday for spiritual and family activities?
- + Have I attended Mass every Sunday and on Holy Days of Obligation?
- + In my prayer and attendance at Mass, am I content with a passive observance rather than devoting myself to genuine worship of the Lord?

4. **HONOR YOUR FATHER AND YOUR MOTHER.**

- + As a young person in the family home, do I listen to, respect, and obey my parents when they instruct me?
- + As an adult, do I visit and care for my parents in their old age?
- + Do I harbor short-term or long-standing resentments toward my parents? Do I blame them for my own shortcomings?

5. **YOU SHALL NOT KILL.**

- + Have I ever struck anyone in anger, intending to injure them?
- + Have I ever advocated abortion, either through my opinions in conversation or by actively assisting someone in procuring an abortion?
- + Have I ever endangered myself or the life of another person through the taking of drugs or the abuse of alcohol?

6. **YOU SHALL NOT COMMIT ADULTERY.**

- + Have I engaged in sexual activity outside of marriage?
- + Have I given my mind over to lustful thoughts or fantasies?
- + Have I read pornography or watched indecent movies or television shows?

7. **YOU SHALL NOT STEAL.**

- + Have I taken anything that did not belong to me?
- + Have I cheated on tests or homework??
- + Have I wasted time and cheated my employer by not doing a full day's work for my wages?
- + Have I taken the intellectual property of others, by taking their ideas without giving credit?
- + Have I been extravagant in my manner of life, to the neglect of the poor of the world?

8. **YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.**

- + Have I defamed the good name of another person by taking part in gossip or slander?
- + Have I injured the reputation of another person by speaking about their failures and sins with little desire or intention to help them?
- + Have I condoned prejudice and hatred toward people of another nationality, race or religion?

9. **YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.**

- + Have I sought the affections of another's spouse?
- + Have I contemplated infidelity to my spouse?
- + Have I upheld the dignity of my spouse in all circumstances?

10. **YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.**

- + Do I habitually compare myself with others in terms of wealth, status, and financial security?
- + Am I jealous of the personal qualities of others, or envious of their possessions or success?
- + Do I support my church sufficiently and give generously to the poor?

ACT OF CONTRITION

O my God, I am heartily sorry for having offended you. I detest all my sins because I dread the loss of heaven and the pains of hell. 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 occasions of sin.