

Examination of Conscience

This is to help you prepare for confession. As you work through these questions, ask the Holy Spirit to give you the desire to turn from sin so that you can know more fully that Jesus is with you always

#1. I am the Lord your God, you shall have no other gods before me.

1. Do I truly love God more than anyone or anything else? Or do I just fit Him in when it's convenient?
2. Are there false gods (such as popularity, sports, horoscopes or other superstitious practices) that I worship by giving them *more attention* than I give the true God? Are material possessions or money running my life?
3. Do I pray each day?
4. Do I spend time reverently preparing myself before receiving Jesus in the Eucharist?

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

1. Have I used any swear words that included God's Name?
2. Did I use the Name of Jesus Christ as an expression of surprise or anger?
3. Did I joke about God or religion, including Mary and the saints and Holy Communion?
4. Am I indifferent (don't care) when actors use blasphemy on TV or at the movies or when musicians use it in their music?
5. Do I listen to music or read books and magazines which disrespect God and what is holy and sacred?

#3. Remember to keep holy the Lord's day

1. Have I been faithful to Sunday Mass?
2. Have I prepared for receiving Holy Communion by believing that Jesus is truly present in Communion, by asking for God's forgiveness and going to Reconciliation when I should?

3. Have I allowed myself to get too busy with my work and chores that I don't reserve any time for spiritual and family activities?
4. Do I give my body the rest it needs?
5. Have I deliberately come late or left early from Mass without good reason?
6. Have I done unnecessary work on Sunday?

#4. Honor your father and mother.

1. Have I shown love and respect for my parents, even when they punish me?
2. Have I deliberately hurt my parents?
3. Do I help my parents by doing chores and obeying their orders? Do I pray for them?
4. Do I listen to my teacher(s)?
5. Do I obey civil laws which seek to protect myself and others, and which help us show respect for others and our world?
6. Do I visit and care for my parents and grandparents especially if they are old, sick, or housebound?

#5. You shall not kill.

1. Have I had serious thoughts of anger and hatred towards others? Am I withholding forgiveness from anyone?
2. Have I been drunk or have I used drugs?
3. Do I encourage others to get drunk or to do drugs?
4. Do I neglect my soul by spending time with those who lead me to sin?
5. Do I think of the poor and try to help as best I can?
6. Do I enjoy and listen to music which encourages hatred?
7. Have I harmed others by teasing them or bullying them? Have I laughed at people and embarrassed them?
8. Have I had an abortion or encouraged an abortion?

9. Have I led anyone to sin through bad example or through direct encouragement?

#6. You shall not commit adultery.

1. Have I respected the gift of sex and the human body?
2. Have I had sex outside of marriage? Have I accepted that sex is for married people so that they can have children and show a life-long committed love for one another?
3. Have I encouraged the wrong use of sexuality by looking at magazines or movies with pornographic images (including images on the Internet) that lead me to lust?
4. Have I been involved in any homosexual activity?
5. Have I tried to be pure in my thoughts, words, and actions by myself and with others? Have I realized that deliberate lust with myself and sex between unmarried persons are serious sins and need to be confessed?
6. Do I realize that it is dangerous to my soul to deliberately spend time in impure daydreaming about sexual activities?
7. Am I careful about how I dress, so that others are not lead to have impure thoughts about me?
8. Do I dance in a provocative way?
9. In conversation, have I told bad jokes or stories?

#7. You shall not steal.

1. Have I shoplifted, no matter how little it was?
2. Have I destroyed the property of others: painted on buildings, purposely broken a window, vandalized.
3. Have I taken someone else's possessions, even if they are little things?
4. Am I envious about things my friends have and show this by my unkind words to them or to others about them?
5. Do I try to share what I have with the poor?

6. Am I greedy or selfish?

#8. You shall not bear false witness (lie) against your neighbor.

1. Do I have the habit of lying?
2. Do I lie in order to avoid punishment or to make myself look great in the eyes of my friends? Am I afraid I will not be accepted by others unless I make myself seem better than I am?
3. Do I gossip and spread rumors about others, even if I think they are true? Do I find pleasure in telling my friends about the sins and faults of others?
4. If a friend tells me a secret, do I keep it to myself or do I let someone "in" on it? Do I know that telling the secrets of others is a misuse of friendship and a sin?
5. Have I injured the reputation of another person by speaking about their failures and sins?
6. Do I allow prejudice and hatred towards other nationalities, races or religions?
7. Have I plagiarized? Cheated on an exam?

#9. You shall not covet your neighbor's wife.

1. Have I contemplated infidelity in my marriage?
2. Have I watched shows, plays, pictures or movies that contain impure scenes with the deliberate intention of being aroused by them? Am I responsible about what I read?
3. Have I upheld the dignity of my spouse in all situations?

#10. You shall not covet your neighbor's goods.

1. Do I compare myself with others in terms of wealth or popularity?
2. Am I jealous of other people's qualities and possessions?
3. Do I spend and save my money wisely?
4. Do I give sufficient money to those in need and to the church?