

EXAMINATION OF CONSCIENCE

FIRST COMMANDMENT

“I am the Lord your God, you shall not have strange gods before Me.”

- Have I treated people, events or things as more important than God?

SECOND COMMANDMENT

“Do not take the name of the Lord in vain.”

- Have my words, actively or passively, put down God, the Church or people?

THIRD COMMANDMENT

“Keep holy the Sabbath Day.”

- Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)?
- Do I avoid, when possible, work that impedes worship to God, joy for the Lord’s Day and proper relaxation of mind and body?
- Do I look for ways to spend time with family or in service on Sunday?

FOURTH COMMANDMENT

“Honor your father and mother.”

- Do I show my parents due respect?
- Do I seek to maintain good communication with my parents where possible?
- Do I criticize them for lacking skills I think they should have?

FIFTH COMMANDMENT

“You shall not kill.”

- Have I harmed another through physical, verbal or emotional means, including gossip or manipulation of any kind?

SIXTH COMMANDMENT

“Do not commit adultery.”

- Have I respected the physical and sexual dignity of others and of myself?

SEVENTH COMMANDMENT

“You shall not steal.”

- Have I taken or wasted time or resources that belonged to another?

EIGHTH COMMANDMENT

“You shall not bear false witness against your neighbor.”

- Have I gossiped, told lies or embellished stories at the expense of another?

NINTH COMMANDMENT

“Do not covet your neighbors wife.”

- Have I honored my spouse with my full affection and exclusive love?

TENTH COMMANDMENT

“Do not covet your neighbor’s goods.”

- Am I content with my own means and needs, or do I compare myself to others unnecessarily?

ACT OF CONTRITION

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