

**Examination of Conscience**

***First Commandment:***

**I am the Lord your God. You shall not have strange gods before Me.**

* Have I loved God first and with all of my heart?
* Have I been faithful to my daily prayers?
* Have I given too much importance to any creature, activity, hobby, object or opinion?
* Do I strive to develop a close relationship with God through prayer and reading and encourage my children to do so?
* Do I place my trust in superstitions, good luck charms, Tarot/Angel Cards, fortune tellers, rather than God alone?
* Do I participate in practices that are contrary to God’s will: pagan practices, ouija boards, witchcraft etc.?
* Do I try to do the will of God or do I consult God in my decisions?

***Second Commandment:***

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

* Have I sworn by God’s name falsely, rashly or in slight and trivial matters? Have I taken the name of Jesus or Christ in vain?
* Have I angered others so as to make them swear or blaspheme God?

***Third Commandment:***

***Remember to keep holy the Sabbath day.***

* Have I missed Mass on Sundays or Holy Days of obligation?
* Have I been deliberately late for Mass on Sundays or Holy Days of obligation or left early without good reason?
* Have I done or commanded unnecessary servile work on Sunday or Holy Days of Obligation?
* Have I received Holy Communion with love or rather with indifference?
* Do I listen and pay good attention at mass?

***Fourth Commandment:***

***Honour your father and your mother.***

* Have I been disobedient or disrespectful to my parents, or have I neglected or refused to help them in their needs or old age?
* Have I shown irreverence to others in positions of authority?
* Have I mistreated my spouse or my children?
* Have I given them bad example?

***Fifth Commandment:***

***You shall not kill.***

* Have I held on to hatred? Is there anyone I cannot forgive?
* Have I desired or hastened the death or bodily injury of anyone?
* Have I desired revenge?
* Have I caused division between others?
* Have I fought with anyone physically or verbally?
* Have I wished evil on anyone?
* Have I intended or attempted to injure or mistreat others?
* Is there anyone with whom I refuse to speak, or against whom I bear a grudge?
* Have I taken pleasure in anyone’s misfortunes?
* 10. Do I drink too much or too often or used illicit drugs?

***Sixth and Ninth Commandments:***

***You shall not commit adultery. You shall not covet your neighbour’s wife.***

* Have I committed adultery or fornication (premarital sex)?
* Have I practiced birth control (by pills, devices)?
* Have I sinned impurely by myself (masturbation)?
* Have I entertained or taken pleasure in impure thoughts?
* Have I done anything to provoke or occasion impure thoughts or desires in others deliberately or through carelessness or dress?
* Have I watched suggestive movies, TV programs, or Internet pornography or permitted my children to do so?
* Have I told indecent stories or used indecent language?
* Have I abused anyone for my own sexual gratification?

***Seventh and Tenth Commandments:***

***You shall not steal. You shall not covet your neighbour’s goods.***

* Have I stolen anything? What or how much?
* Have I been careless with other people’s money or goods?
* Have I cheated or others?
* Have I refused or neglected to pay any debts?
* Have I acquired anything known to be stolen?
* Have I gambled too often or excessively?
* Have I cheated my employer of an honest day’s work?
* Have I cheated my employees of their wages?
* Have I refused or neglected to help anyone in urgent need?
* Have I been jealous of what another has?
* Have I been mean with my possessions?
* Have I supported the poor or charitable organisations?

***Eighth Commandment:***

***You shall not bear false witness against your neighbour.***

* Do I exaggerate or tell lies?
* Have I rashly judged anyone?
* Have I engaged in gossip or injured the good name of another by revealing true but hidden faults?
* Have I disclosed another´s sins?
* Have I caused division, (i.e. reporting something unfavourable said of someone by another so as to create enmity between them)?
* Am I, without necessity, critical, negative or ever uncharitable in my talk?