

Examination of Conscience



An Examination of Conscience based on the Ten Words of Fatherly love (The Ten Commandments) spoken by Almighty God for the lasting benefit and joy of everyone. Jesus gave us the Sacrament of Reconciliation, Confession, to help us see our sinfulness, to be forgiven, to be healed and to be strengthened in our fight against temptation in the future; we ought to make frequent use of Confession to meet and receive Our Lord in this unique way.



Prayer for the Grace of Repentance

God, our loving Father, You know everything which we carry in our hearts. You know our most secret thoughts; You know every word we speak and every silence when we should have spoken; You know all of our actions and the times when we should have acted.

Help me to be honest with You in the Sacrament of Confession, help me to be truly sorry for my sins, help me to trust in Your love, help me to hope in Your forgiveness.

I “I am the Lord, thy God, thou shalt not have strange gods before Me.”

Do I seek to love God with my whole heart or do I put money, security, career, power, pleasure or people before Him?

Do I give God time every day in prayer?

Have I believed in horoscopes, fortune-telling or superstition?



II “Thou shalt not take the name of the Lord thy God in vain.”

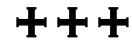
Have I committed blasphemy by using the name of God and Jesus Christ lightly or carelessly, or to swear rather than to praise?
Have I committed sacrilege by showing disrespect to holy objects, eg, a crucifix, statue or rosary, by disrespect or contempt for religious persons, ie, bishop, priests, deacons or religious, or for sacred places?

Have I been angry with God?

Did I break the one-hour fast before Communion?

Do I abstain from meat on Fridays throughout the year?

Did I break the laws of fast and abstinence during Lent? Did I neglect my Easter duty to receive Holy Communion at least once?



III “Remember to keep holy the Sabbath day.”

Have I missed Mass on a Sunday or Holyday of Obligation for no grave reason?

Have I shown disrespect by coming to Mass late or leaving Mass early for no good reason, by not paying attention, talking unnecessarily to others or not joining in the prayers?

Have I done unnecessary work on Sunday which could have been done the day before or after?

Have I neglected to support the Church and the poor by not sharing my time, talent or giving due financial assistance?

Have I tried to observe Sunday as a family day and a day of rest?



IV “Honour thy Father and Mother.”

Parents: Have I set a bad example to my children by casually missing Mass, neglecting family prayers, or by ignoring my responsibility to teach them about the Catholic Faith and the moral teaching of the Church?

Have I set a bad example to my children by showing disrespect for those in authority, government or the Church?

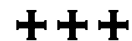
Do I try to bring peace into my home life?

Do I care for my aged and infirm relatives?

Children: Have I been disobedient and or disrespectful to my parents or guardians?

Did I neglect to help them with household chores?

Have I caused them unnecessary worry and anxiety by my selfish attitude, behaviour or moods?



V “Thou shalt not kill.”

Have I had an abortion or encouraged or helped anyone to have an abortion?

Have I participated in or approved of euthanasia whereby ordinary means were stopped or means taken to directly end the life of an elderly or sick person?

Have I committed an act of violence or abuse, physical, sexual, emotional or verbal?

Have I endangered the lives of others by reckless driving or by driving under the influence of drugs or alcohol?

Do I show contempt for my body by neglecting to take care of my own health?

Did I give scandal to anyone, thereby leading them into sin?

Have I been mean or unjust to anyone?

Have I held a grudge, sought revenge or wished evil against someone who wronged me?

Do I point out others' faults and mistakes while ignoring my own?

Do I complain more than I compliment?

Am I ungrateful for what other people do for me?

Do I tear people down rather than encourage them?

Am I prejudiced against people because of their colour, language or ethnic-religious background?

Have I encouraged or condoned sterilisation?

Have I engaged, in any way, in sins against human life such as artificial insemination or in vitro fertilisation?



VI “Thou shalt not commit adultery.”

Have I been faithful to my marriage vows in thought and action?

Have I engaged in any sexual activity outside of marriage?

Have I neglected my duties to my spouse?

Have I used any method of contraception or artificial birth control in my marriage?

Has each sexual act in my marriage been open to the transmission of new life?

Have I been guilty of masturbation?

Have I respected all members of the opposite sex, or have I thought of other people as mere objects?

Have I been guilty of any homosexual activity?

Do I seek to be chaste in my thoughts, words, actions?

Am I careful to dress modestly?



VII “Thou shalt not steal.”

Have I stolen what is not mine?

Have I returned or made restitution for what I have stolen?

Do I waste time at work, school, and home?

Do I gamble excessively, thereby denying my family of their needs?

Do I pay my debts promptly?

Do I seek to share what I have with the poor?

Have I cheated anyone out of what is justly theirs, for example creditors, insurance companies, big corporations?

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VIII “Thou shalt not bear false witness against thy neighbour.”

Have I told a lie in order to deceive someone?

Have I told the truth with the purpose and intention of ruining someone’s reputation?

Have I told a lie or spread rumours which may ruin someone’s reputation?

Did I commit perjury by false swearing an oath on the Bible?

Am I a busybody and love to spread gossip and secrets about others?

Do I love to hear bad news about my enemies?

Do I keep secret what should be kept confidential?

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IX “Thou shalt not covet thy neighbour’s wife.”

Do I view pornographic material in magazines, videos, or on the internet?

Have I avoided the occasions of sin with persons or in places which would tempt me to be unfaithful to my spouse or to my own chastity?

Do I encourage and entertain impure thoughts and desires? Do I tell or listen to dirty jokes?

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X “Thou shalt not covet thy neighbour’s goods.”

Have I stolen any object, committed any shoplifting or cheated anyone of their money?

Did I knowingly deceive someone in business or commit fraud?

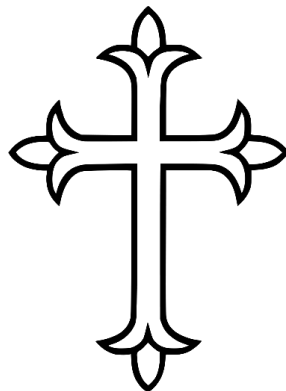
Have I shown disrespect or even contempt for other people’s property?

Have I done any acts of vandalism?

Am I greedy for or jealous of what other people have?

Are material possessions the purpose of my life?

Does the desire for comfort override my duty to God, to the Church, to my family or my own spiritual well-being?



Act of Contrition

O my God,
because You are so good,
I am very sorry
that I have sinned against You,
and with the help of Your grace,
I will not sin again.

Amen.

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