

Examination of Conscience

To make an examination:

- 1) Set aside some quiet time for reflection.
- 2) Pray to the Holy Spirit for help to be aware of your sins and God's mercy.
- 3) Read through the items on this list and honestly reflect on your behavior for each time. If necessary, take this list or some brief notes (keep them private) to Confession to help you remember things.

You shall love your neighbor as yourself.

- Do I Love my neighbor? Is there anyone whom I do not love or refuse to love? Have I wished harm or misfortune on anyone?
- Do I forgive from my heart those who have hurt me? Do I harbor hatred or grudges? Do I pray for my enemies?
- Have I ridiculed or humiliated others?
- Do I seek to help others in need?
- Do I love myself as God loves me? Do I care for my physical, emotional and spiritual health?
- Do I forgive myself for my sins after bringing them to God in the Sacrament of Reconciliation?

Precepts of the Church

- Do I go to confession at least once a year when I have serious sins to confess?
- Do I receive Holy Communion, at least once during Eastertime?
- Do I take part in the major feasts celebrating Our Lord, The Virgin Mary and the saints?
- Do I abstain from meat on Fridays during Lent and fast on one full meal on Ash Wednesday and Good Friday? Do I fast for one hour before Holy Communion (water and medicine allowed)?
- Do I contribute to support the material needs of the Church?

1. I am the Lord your God. You shall not have strange gods before me.

- Do I seek to love God with all my heart and with all my soul and with all my strength (Dt 6:5)? Do I put anything or anyone above God?
- Do I pray daily?
- Have I had any involvement with the occult, witchcraft, Wicca, Ouija boards, séances, tarot cards, new age crystals, fortune telling or the like? Have I put faith in horoscopes?
- Have I received Holy Communion in the state of mortal sin?
- Have I abused the Sacrament of Penance by lying to the priest or deliberately not confessing a mortal sin?
- Have I denied a truth of the faith out of concern for the respect or opinion of others?

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

- Have I used God's holy name irreverently?
- Have I blasphemed God, the Church, Mary, the saints or sacred places or things?

3. Remember to keep holy the Lord's Day.

- Do I try to keep Sunday as a day of prayer, rest and relaxation, avoiding unnecessary work?
- Have I deliberately missed Mass on a Sunday or Holy Day of obligation without a serious Reason? Have I deliberately come late or left early from Mass without a good reason?

4. Honor your father and your mother.

- Do I honor and respect my parents?
- Have I deliberately hurt my parents?
- Do I treat my children with love and respect? Have I taken care to teach them the faith?

5. *You shall not kill.*

- Have I deliberately harmed anyone?
- Have I had an abortion or encouraged an abortion?
- Have I attempted suicide or seriously considered it?
- Have I abused drugs or alcohol?
- Have I led anyone to sin through bad example or through direct encouragement?

6. *You shall not commit adultery.*

For the married

- Am I faithful to my spouse in thought and action?
- Have I used artificial contraception or been sterilized?
- Was I married outside the Church without proper permission of the Church?

For the unmarried

- Have I engaged in sexual activity with anyone of either sex?

For all

- Have I deliberately viewed pornographic magazines, videos or internet websites?
- Have I masturbated?
- Have I used impure language or told impure jokes?
- Do I dress modestly?

7. *You shall not steal.*

- Have I stolen or accepted stolen goods?
- Have I deliberately destroyed the property of others?
- Have I cheated anyone of what I owe?
- Do I gamble excessively?
- Do I share what I have with the poor and the Church according to my means?
- Have I pirated materials: videos, music, software?

8. *You shall not bear false witness against your neighbor.*

- Have I lied? Have I sworn falsely?
- Have I plagiarized or been academically dishonest?
- Have I gossiped? Have I revealed secrets or confidential information without good reason?
- Have I ruined the good name of others by spreading lies or maliciously revealing their faults and sins?

9. *You shall not desire your neighbor's wife.*

- Have I deliberately and consciously entertained sexual thoughts about anyone besides my spouse?
- Do I guard my imagination and senses?
- 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?

10. *You shall not desire your neighbor's goods*

- Am I envious of the possessions, abilities, talents, beauty or success of others?

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more and to avoid whatever leads me to sin. Our Savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy.

