



EXAMINATION OF CONSCIENCE

Below are suggestions in preparation for a fruitful confession. This examination focuses on the Ten Commandments and gives examples of the kinds of sins that tend to be committed against each Commandment.

- I. I am the Lord your God; you shall not have false gods before me.**
 - Have I rejected God's revelation as it comes to me through the Scriptures and the teaching of the Church?
 - Have I sought money, power, sexuality, or any other lesser good as if it were the supreme good? Have I despaired of God's help? Have I taken for granted God's mercy?
 - Have I placed faith in superstition?
- II. You shall not take the name of the Lord your God in vain.**
 - Have I disrespected the holiness of God or of things or persons dedicated to God?
 - Have I lied under oath or failed to keep vows made in God's sight?
- III. You shall keep the holy the Sabbath day.**
 - Have I failed, through my own fault, to worship God by attending Mass on Sundays and Holy Days of Obligation?
 - Have I kept Sunday holy by using it as a day for recreation with family and friends, for charitable activity, and for extra prayer?
 - Have I rested sufficiently to renew me for the work that awaits in the coming week?
- IV. You shall honor your father and mother.**
 - Have I fulfilled my obligations toward my parents, especially in their advancing years?
 - Have I been respectfully obedient to those who are legitimate authorities over me?
- V. You shall not kill.**
 - Have I contributed to, or permitted in any way, the taking of human life through murder, abortion or euthanasia? Have I done damage to another's health or well-being in any way? Have I jeopardized my own well-being through the use of alcohol, drugs, or some other self-destructive behavior?
 - Have I acted on anger unjustly? Have I wished ill fate to befall another?
 - Have I done anything that gives a bad example to others that might lead them to sin?
- VI and IX. You shall not commit adultery. You shall not covet your neighbor's spouse.**
 - Have I engaged in voluntary sexual intercourse outside of marriage?
 - Within marriage, have I engaged in sexual activity without regard for showing love to my spouse or without openness to the possibility of conceiving children?
 - Have I been sexually impure with myself or others?
 - Has my marriage been celebrated in the Catholic Church or with the permission of the Catholic Church?
- VII and X. You shall not steal. You shall not covet your neighbor's goods.**
 - Have I respected other's property, or taken another's goods or willfully damaged them?
 - Have I taken the intellectual property of others without giving proper credit?
 - Have I deprived others of a just wage?
 - Have I failed to give my employer a day's work for a day's pay?
 - Have I failed to share my resources with those less fortunate than me? Have I been discontent with my own blessings from God and envied those of my neighbor?