



Examination of Conscience (Sample 1)

1. I am the Lord your God, you shall have no other gods besides me.

Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless in saying my prayers? Do I give God time everyday in prayer? Do I make a god out of my work, my possessions, or my image in the eyes of others so that these rule my life instead of God? Am I angry toward God because of illness or misfortune? Have I been involved with magic, horoscopes, Ouija boards, or fortune telling?

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

Did I curse or swear? Did I use God's name in vain, lightly, carelessly, by blasphemy? Have I used foul language or jokes? In conversation, have I passively listened to slander and to jokes demeaning to the Church or to God's authority?

3. Remember the Sabbath day, to keep it holy.

Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I leave Mass early without a good reason? Have I been to communion at least once a year? Did I receive Holy Communion in the state of serious sin? Have I been to confession recently? Have I allowed myself to become so dominated by my work and chores that I have not set aside Sunday for spiritual and family activities?

4. Honor your father and your mother.

Did I honor and obey my parents? Did I respect my brothers and sisters? Did I respect others with lawful authority, especially teachers? Have I talked back? Did I fail to help at home or to spend time with my family? Do I blame my parents for my own shortcomings?

5. You shall not kill.

Did I give in to feelings of anger or jealousy? Did I keep hatred in my heart? Have I ever struck anyone in anger, intending to injure the person? Did I fight: give a bad example or cause scandal? Have I abused alcohol or drugs? Have I had or in any way permitted or encouraged abortion? Have I thought about suicide? Have I killed someone? Have I killed someone with gossip or what I said?

6. You shall not commit adultery.

Did I consent to impure glances? Passionate kisses? Sinful touches? Did I give my mind over to lustful thoughts or fantasies? Was I immodest in dress or behavior? Did I look at pornography, impure books, magazines or videos? Am I guilty of impurity with myself or with others? Do I avoid laziness, gluttony, idleness and the occasions of impurity?

7. You shall not steal. Have I stolen what is not mine?

What or how much? Did I return it or make up for what I have stolen? Have I cheated on tests or homework? Did I waste time at work? Have I been extravagant in my manner of life, to the neglect of the poor at home and abroad?

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

Have I lied or gossiped? Talked about another person behind their back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept confidential? In any of my previous confessions, did I lie to or deliberately conceal something from the priest? Am I critical, negative or uncharitable in my talk? Have I injured the reputation of others by speaking about their failures and sins with little desire or intention to help them? Have I condoned prejudice and hatred toward people of other nationalities, races or religions?

9. You shall not covet your neighbor's wife.

Have I consented to impure thoughts? Have I encouraged them by stares, curiosity or impure conversations? Did I neglect to control my imagination or desire of other people? Have I rejected my family in my heart, wishing to distance myself emotionally and personally from them?

10. You shall not covet your neighbor's goods.

Is my heart greedy? Am I jealous of what other people have? Am I envious of others because I don't have what they have? Do I habitually compare myself with others? Am I moody or gloomy? Do I work, study and keep busy to counter idle thoughts? Am I critical, negative or uncharitable in my thoughts of others? Is my heart set on earthly possessions or on the treasures in heaven?