Examination Of Conscience

*Return to your conscience, question it…Turn inward, brethren, and in everything you do, see God as your witness.* – St. Augustine

Prior to Confession, and actually each day of our life, it is good and holy practice to review and reflect on our lives in light of the Word of God. Only through sincere examination of conscience can we identify our faults, know what we must confess, and be able to live more as Christ Jesus desires us to live. Consider the following in light of the Ten Commandments:

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

Do I give God time every day in prayer?

Do I seek to love Him with my whole heart?

Have I been involved with superstitious practices or have I been involved with the occult?

Do I seek to surrender myself to God's Word as taught by the Church?

Have I ever received Holy Communion in a state of mortal sin?

Have I ever deliberately withheld a serious sin from the priest in confession?

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

Have I used God’s name in vain or used vulgar language?

Have I been angry with God?

Have I wished evil upon another person?

Have I insulted a sacred person or abused a sacred object?

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

Have I deliberately missed Mass on Sundays or Holy Days of Obligation?

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

Do I do needless work on Sunday?

IV.  Honor your father and your mother.

Do I honor and obey my parents?

Have I neglected my duties to my spouse and children?

Have I given my family good religious example?

Do I try to bring peace into my home life?

Do I care for my aged and infirm relatives?

V. You shall not kill.

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

Have I physically harmed anyone?

Have I abused alcohol or drugs?

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

Have I harbored anger, hatred and resentment in my heart?

VI. You shall not commit adultery.

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

Have I engaged in any sexual activity outside of marriage?

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

Have I been guilty of masturbation?

Have I sought to control my thoughts?

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

Have I been guilty of any homosexual activity?

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

Am I careful to dress modestly?

VII. You shall not steal.

Have I taken things which are not mine?

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

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

Do I gamble excessively?

Do I pay my debts promptly?

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

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

Have I lied?

Have I gossiped in spoken word or in using social media?

Have I spoken injuriously behind someone else's back?

Am I sincere and charitable in my dealings with others?

Am I critical, negative or uncharitable in my thoughts of others?

Do I keep secret what should be kept confidential?

IX. You shall not desire your neighbor’s wife.

Have I caused impure thoughts by what I read, watch on TV or view on the internet?

Do I seek to control my imagination and curiosity?

Do I pray at once to banish impure thoughts and temptations?

X. You shall not desire your neighbor’s goods.

Am I jealous of what things or opportunities other people have?

Do I envy the families or possessions of others?

Am I greedy or selfish?

Do I care too much about what possessions I have or don’t have?

Do I trust that God will care for all of my material and spiritual needs?