

AN EXAMINATION OF CONSCIENCE

Give me light, O my God, to see what sins I have committed since my last confession, and the grace humbly to confess them. I ask you to help me to be truly sorry for them. Grant me perfect sorrow so that I may obtain forgiveness for all my sins.

YOU SHALL NOT HAVE STRANGE GODS BEFORE ME

- † Do I love God above all things? Is God first in my life or do I put other things ahead of God? (sports, music, material things, etc.)
- † Have I neglected my friendship with God by neglecting prayer, or saying my prayers badly?
- † Have I denied that I was a Catholic, or openly expressed my disbelief in any doctrine of the Catholic faith?
- † Have I suggested or encouraged doubts about the Catholic faith in the minds of others?
- † Have I seriously expressed the opinion that all religions are equally good or equally true or equally pleasing to God?
- † Have I neglected to settle, by reading, studying, consulting, etc., serious doubts about my faith, when such neglect was evidently leading to a loss of faith?
- † Have I consulted a fortune-teller (looked at my horoscope, etc.) in a serious belief that I could learn something about the future, or made others think that I could tell their future?
- † Have I received Holy Communion in a state of mortal sin?
- † Have I been irreverent in Church and before the Blessed Sacrament?
- † Have I disturbed and distracted others in their prayers and devotions?
- † Have I been careless in my preparation for, or thanksgiving after receiving the Sacraments?
- † Have I been vain, proud, selfish, or self-seeking?
- † Have I given way to depression or self-pity?

YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN

- † Have I used the name of "God" or "Christ" or "Jesus" or "Lord" as a byword, or as an expression of impatience, or in jest?
- † Have I spoken profanely and irreverently, of any holy thing?
- † Have I sworn, i.e., called upon God to witness the truth of what I was saying, when there was no serious reason for doing so?
- † Have I permitted myself to acquire the habit of using God's name profanely, or of swearing or cursing almost without realization of what I was saying?
- † Have I laughed at others' profane use of God's name or other irreverent speech as if I thought it amusing and wanted them to continue?

REMEMBER TO KEEP HOLY THE LORD'S DAY

- † Have I deliberately missed Mass on Sunday? (or Saturday evening vigil)
- † Have I missed Mass on a Holy Day of Obligation?
- † Have I failed to ask my parents or other family members for help to get me to Mass on Sunday?
- † Have I failed to keep Sunday holy? (i.e., have I not spent time with my family, not spent extra time in prayer or in charitable activities, not rested from the work I do the rest of the week?)

HONOR YOUR FATHER AND YOUR MOTHER

- † Do I disobey my parents? Do I fail to respect them?
- † Am I ashamed of my parents?
- † Do I swear at them? Do I lie to them?
- † Have I been disobedient, rude, or sulky to those in authority over me? (i.e., parents, teachers, principal?)
- † Have I been harsh, overbearing, or sarcastic to my younger siblings?

YOU SHALL NOT KILL

- † Have I been uncharitable by thought, word, or deed, or omission?
- † Have I destroyed anyone's reputation by deliberately spreading rumors or keeping rumors alive by passing them on?
- † Do I hold anger against anyone? Do I hold a grudge and refuse to forgive? Have I cursed anyone (i.e., "damn you."?)
- † Have I been greedy or intemperate in eating or drinking?
- † Am I killing myself by taking illegal drugs or misusing the drugs that have been prescribed for me?
- † Do I stand up for the unborn child's right to life, or have I merely accepted society's anti-life mentality?
- † Have I driven a vehicle without due regard to the safety of myself or others?

YOU SHALL NOT COMMIT ADULTERY

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YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE

- † Have I been immodest or impure in thought, word, or deed with myself or with others?
- † Have I willingly watched pornography either on the internet or through another media?
- † Have I freely and deliberately entertained impure thoughts or actions?
- † Have I practiced any form of contraception?

YOU SHALL NOT STEAL

- † Have I been dishonest by stealing or cheating or not doing the work well for which I am responsible (i.e., schoolwork, chores)?
- † Have I taken what rightfully belongs to another?
- † Have I damaged property belonging to another and not repaired the damage or made proper restitution?

YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR

- † Am I guilty of detraction; i.e., have I revealed the faults of others in idle gossip?
- † Am I guilty of slander; i.e., spreading lies about someone?
- † Have I revealed secrets I was bound to keep, or read other people's letters?
- † Have I lied or withheld the truth in order to serve my own personal gain?

YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS

- † Am I envious of others?
- † Do I wish that others be deprived of the goods or talents that are theirs?
- † Am I jealous of others? Do I put others down?