

## AN EXAMINATION OF CONSCIENCE

Come, O Holy Spirit and help me to remember my sins. Give me the honesty I need to reflect upon my thoughts, words, and actions. 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 truly love God more than anyone or anything else? (sports, music, material things, etc.)
- † Have I neglected my daily prayers or have I said them badly?
- † Are there "false gods" such as popularity, fashionable clothing, horoscopes or other superstitious practices, that I worship by giving them more attention than I give to the true 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 suggested or encouraged doubts about the Catholic faith in the minds of others?

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

- † Did I use any swear words that included God's name?
- † Did I use the name of Jesus as an expression of surprise or anger?
- † Did I joke about God or religion, including Mary and the saints?

### **REMEMBER TO KEEP HOLY THE LORD'S DAY**

- † Have I been faithful to Sunday and Holy Day Masses (which can also be celebrated on Saturday evenings or on the night before the Holy Day)?
- † Have I prepared for Sunday Mass, especially by going to confession if I have sinned?

### **HONOR YOUR FATHER AND YOUR MOTHER**

- † Have I shown love and respect for my parents, even when they punish me?
- † Do I help my parents by doing my chores and obeying their orders? Do I pray for them?
- † Do I listen to my teacher(s) and do the homework they assign?
- † Do I obey civil laws, including those which forbid the use of drugs or alcohol for minors?

### **YOU SHALL NOT KILL**

- † Do I have serious thoughts of anger and hatred towards others?
- † Do I do what I can to oppose murderous actions such as abortion, suicide, or euthanasia (the taking of the life of someone who is incurably ill or dying)?
- † Have I gotten drunk or used drugs? These things threaten human life.
- † Have I neglected the life of my soul by keeping company with those who lead me to sin?

### **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 shoplifted?
- † Have I destroyed the property of others; painted on desks, buildings, purposely broken things, or ripped up someone's homework?
- † Have I not repaired the damage or made proper restitution?
- † 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?

### **YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR**

- † Do I have the habit of lying?
- † Do I lie in order to avoid punishment or to make myself look great in the eyes of my friends? Am I afraid I will not be accepted by others unless I make myself seem better than I am?
- † Do I gossip and spread rumors about others, even if I think they are true? Do I find pleasure in telling my friends about the sins and faults of other students?
- † If a friend tells me a secret, do I keep it to myself or do I let someone else "in" on it? (Telling the secrets of others is a misuse of friendship and a sin).

### **YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS**

- † Am I envious about the things my friends have and show this by my unkind words to them or to others about them?
- † Do I dislike someone simply because I am envious of his good looks, his talent in sports or school, or his popularity?