

## Examination of Conscience

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, Quija 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 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? In any of my previous confessions, did I lie to or deliberately conceal something from the priest? 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. Honour your father and your mother.

Did I honour 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?

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 behaviour? Did I look at pornography, impure books, magazines or videos? Am I guilty of impurity with myself, premarital sex, or adultery? Do I live chastely according to my state in life (married, single, ordained)? 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 written graffiti (this steals nature's beauty)? 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 neighbour.

Have I lied, 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? 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 neighbour'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 neighbour's goods.

Ø Is my heart greedy? Am I jealous of what another has? 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?

We would like to thank Life Teen for this examination for more resource visit [www.lifeteen.com](http://www.lifeteen.com)