

## Examination of Conscience

***Begin by putting yourself in God's presence (eliminate distractions) and call upon the Holy Spirit: "Come, Holy Spirit. Help me to see myself as You see me."***

*Begin your examination with the time of your last confession. With the help of the self-examination provided, call to mind all the sin you have committed since your last confession. Make the intention not to hide anything from the Priest, and trust in God's mercy. Priests are men who also go to confession themselves, and the desire is to share God's mercy with you!*

### THE TEN COMMANDMENTS

1. **Putting God First:** *I am the Lord your God; you shall not have other gods before me.*

Has God been the source, center and hope of my life? Have I put myself, anyone or anything before God? Have I given to anyone or anything the love, honor and worship that belongs to God alone? Have I made an idol of any person, idea, occupation or thing? Have I failed to trust in God, His love and mercy? Have I failed to pray to God and to worship Him faithfully? Have I been thankful for God's blessings? Have I doubted the Christian faith? Have I tried to serve God and keep His Commandments faithfully? Have I murmured or complained against God in adversities? Have I received Holy Communion while in the state of conscious mortal sin?

2. **Respect for God:** *You shall not take the Name of the Lord your God in vain.*

Do I have a deep and sincere respect for God and His Holy Name, especially the name of Jesus? Have I shown disrespect to God, either in word or deed? Have I dishonored God's Name in any way? Have I sworn a false oath? Have I broken any solemn promise or vow that was done before God? Have I cursed or used foul language?

3. **Respect for the Lord's Day:** *Remember to keep holy the Lord's day.*

Have I worshiped God faithfully on Sundays and holy days of obligatory Mass attendance? Have I helped others to do the same, or have I discouraged them? Have I worked or shopped unnecessarily on Sundays or major holy days? Have I spent the Lord's Day in wholesome and edifying ways? Have I made time for family and friends?

4. **Respect for Parents and Authority:** *Honor your father and mother.*

Have I loved and respected my parents as I should? Have I neglected them, or failed to help them? Have I disobeyed them, deceived them or caused them pain by my words and deeds? Have I treated my family members with patience and love? Have I respected my teachers, superiors, employers (those who are in authority) as I should? Have I disobeyed or deceived them by my words or deeds? Have I treated fairly all those who have worked for me? Do I respect the authority of the Holy Catholic Church? Have I voted with my judgment informed by Catholic teaching?

**5. Respect for Human Life:** *You shall not kill.*

Have I caused the harm, injury or death of anyone? Have I wished my own or anyone's harm or death? Have I caused others to sin? Have I abused my health or the health of others by evil and intemperate living (i.e. drugs, alcohol, etc.)? Have I given way to anger or hatred? Have I encouraged someone in procuring an abortion? Have I had an abortion? Have I failed to forgive anyone or harbored evil thoughts against them?

**6. & 9. Respect for Marriage:** *You shall not commit adultery. You shall not covet your neighbor's wife.*

Have I committed any sin of lust, alone or with others (masturbation, sexual acts outside of marriage, adultery)? Have I caused others to commit impure acts? Have I sinned by entertaining and taking pleasure in impure thoughts, words or conversations? Have I read immoral books or magazines? Have I watched pornography? Have I associated with bad company or frequented strip clubs, massage parlors, etc.? Do I maintain modesty and decency in dress? Have I practiced birth control/contraception?

***If married:*** Have I failed to nourish my emotional intimacy with my spouse? Have I reduced our relationship to physical intimacy without corresponding communication about higher things (e.g. holiness, our interior lives, prayer, etc.)?

**7. & 10. Respect for Private Property:** *You shall not steal. You shall not covet anything that belongs to your neighbor.*

Have I taken or kept anything that was not mine? Have I cheated anyone? Have I caused others to steal or cheat? Have I tried to find the owners of lost things I have found? Have I damaged or destroyed anything that belonged to another? Have I defrauded anyone of their rightful wages? Have I paid my debts? Have I worked honestly and conscientiously for my wages? Did I spend beyond my means? Do I give alms according to my capacity? Have I looked with envy, jealousy or hatred toward the possessions, talents or achievements of others? Have I desired the downfall or loss of others out of evil intent that I might benefit? Have I grieved that God has bestowed greater blessing on others than on me?

**8. Respect for Truth:** *You shall not bear false witness.*

Have I given false testimony against anyone? Have I spoken evil, told lies, or spread rumors about anyone? Have I unjustly accused someone? Have I disclosed to anyone the sins and faults of another? Have I betrayed the confidence of another? Have I made careless statements or done anything else to harm the good name and reputation of another person? Have I engaged in idle gossip, (discussing that which is doubtful as if it were true), hearsay and backbiting?

## **THE BEATITUDES**

### **Blessed are the poor in spirit, for theirs is the kingdom of heaven.**

Have I truly recognized my complete dependence on God? Have I been proud, arrogant and self-righteous? Have I been selfish, greedy, possessive and self-seeking? Have I sought after status, recognition, power, material possessions and wealth?

### **Blessed are those who mourn, for they shall be comforted.**

Have I endured difficulties and afflictions with faith and patience? Do I have compassion for the poor, the hungry, and addicted; the sick; the lonely and the sinful of the world? Have I truly been sorrowful for my sins and faults?

### **Blessed are the meek, for they shall inherit the earth.**

Am I gentle with others, or am I harsh in my behavior? Do I seek to dominate others at home, school, work, office, church and elsewhere? Have I lost my temper? Have I nursed hatred in my heart or the desire for revenge? Have I been impatient, resentful, bitter, unforgiving, insulting, or abusive to others? Have I desired good things for my enemies?

### **Blessed are they who hunger and thirst for righteousness, for they shall be satisfied.**

Do I thirst for holiness? Do I truly yearn for God's Will to be done, in my life and in all things? Have I tried to cultivate a righteous and holy life through prayer, fasting, almsgiving, worship, the reading of Holy Scripture, Confession and Holy Communion? Have I been lukewarm in my faith? Have I been lazy, negligent or apathetic?

### **Blessed are the merciful, for they shall obtain mercy.**

Have I been merciful to others? Have I turned away from someone who needed my help? Have I turned my back on someone poor, hungry, rejected, lonely and needy? Have I tried to understand and to forgive others? Have I been indifferent or judgmental?

### **Blessed are the pure in heart, for they shall see God.**

Do I love purity and honesty? Have I been dishonest in my speech or actions? Have the motives or intentions of my actions been evil or selfish? Have I given way to lust, impure thoughts, words or deeds? Have I been guilty of prejudice? Have I been hypocritical, pretentious or self-indulgent to sinful passions?

**Blessed are the peacemakers, for they shall be called children of God.**

Am I at peace with God? Do I have His peace in my heart? Have I been angry, aggressive or impatient? Do I foster peace at home, work, church and community? Have I been irritable or polemical? Have I caused division and discord? Is my criticism harmful and disruptive, or does it build up others in charity?

**Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.**

Have I complained when persecuted for God's sake? Have I prayed for my enemies? Have I failed to defend people for fear of humiliation or persecution? Have I had the courage to stand up for the truth despite criticism, ridicule or persecution? Am I afraid to witness my faith in Christ Jesus?

**Blessed are you when they revile you and persecute you on my account; rejoice and be glad, for your reward is great in heaven.**

Is the joy of Christ in my heart, even in trying moments? Do I give thanks to God in all circumstances, or do I complain often? Have I been pessimistic, negative, despondent or despairing? Have I truly delighted in the promise of God's treasures in heaven?

Adapted from: <http://www.royaldoors.net/2015/02/examination-of-conscience-for-adults/>