

EXAMINATION OF CONSCIENCE BASED ON THE 10 COMMANDMENTS

1. You shall have no false gods before me.

- |Is God the most important reality in my life?
- |Am I superstitious? Do I believe or take part in fortune-telling, astrology, palm-reading, witchcraft?
- |Have I always trusted in the Lord, especially in the midst of adversities and trials?
- |Are there any “minor gods” in my life: money, pleasures, success, popularity, power?

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

- Did I use the name of God disrespectfully / curse?
- Did I keep the promises I made to God?

3. Remember to keep holy the Lord’s Day.

- Did I participate devoutly and punctually in the Sunday Mass?
- Did I pray regularly every day, at least in the morning and the evening?

4. Honor your father and mother (for children).

- Did I fail to show love to my parents and other relatives?
- Was I disrespectful or disobedient to them?
- Did I help them when I could?
- Did I respect my teachers or other persons in authority?
- |Did I respect the rules of my school?

Honor your father and mother (for parents)

- Did I raise my children with selfless love and real concern?
- Was I too hard or too lenient with them?
- Did I give bad examples by the way I spoke or acted?
- Did I fail to lead them with my good example?
- Did I see to it that my children get the proper religious instruction and are actively involved in our Christian community and organizations?

5. You shall not kill.

- Did I hurt anybody with my words or actions? (Gossip)
- Did I spread negative rumors about others?
- Did I give bad examples or keep grudges?
- Was I instrumental in leading others to sin through my words or actions?
- Was I respectful of other people’s opinions and beliefs?
- Did I take anybody’s life?

- Did I cause any physical injury or moral loss to others?
- Did I approve or consent to, recommend, seek or actively take part in abortion?
- Did I contribute to the pollution of the environment?

6 & 7, You shall not commit impure actions / You shall not covet your neighbor’s wife.

- Did I look at immodest pictures, shows, films...or read books and other publications that arouse in me sexual fantasies and may lead me to sin against chastity?
- Did I entertain immodest thoughts or consent to impure desires?
- Did I commit any impure actions by myself or with others?
- Was I prudent and reserved in dealing with people of the opposite sex, whether married or not?
- Did I engage in conversations or jokes that could lead myself and other to commit sins against purity?
- Did I engage in premarital sex?

(For married people)

- Was I faithful to my wife/husband, both in my thoughts and behavior?
- Did I use marriage to express my selfless love for my wife/husband, or just to satisfy my sexual urges?

8 & 9. You shall not steal / You shall not covet your neighbor’s property.

- Was I respectful of other people’s property?
- Did I damage public property or steal anything?
- Did I cheat in school or in business? Was I honest in my work, performing my duty in the best possible way?
- Was I fair in paying my employees, my taxes and other dues?
- Was I envious of other people’s material means, or success?
- Did I waste time and opportunities?
- Was I greedy?

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

- Did I tell lies to defend my pride or to cause damage to others?
- Did I reveal secrets which had been confided to me?
- Did I reveal secret faults of others?
- Did I accuse someone falsely?
- Did I judge others rashly?