

Examination of Conscience for Adults and Format for Reconciliation

Based upon the Ten Commandments

1. I am the Lord your God; you shall have no strange Gods before me.

- Do I make my faith in God a priority in my life and that of my family?
- Do I pray every day and dedicate all things to God?
- Is prayer a priority or an afterthought?
- Is living a Christian life more important to me than status in the community?
- Do I reject evil and the lure of sin?
- Do I reject despair and do I hope in the good that comes from belief in God?
- Am I sometimes lukewarm in my faith? Ungrateful for God's gifts?

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

- Do I treat the Lord's name as holy by blessing and glorifying it?
- Do I curse or swear using the Lord's name?
- Have I made an oath in the Lord's name and broken it?
- Have I committed violence (physical or emotional) against someone in the Lord's name?

3. Remember to keep holy the Lord's day.

- Do I participate with joy in the Mass each Sunday (or Saturday evening) and on Holy Days of Obligation? Have I missed without good reason?
- Am I attentive at Mass? Do I participate fully, actively, and consciously? Do I try to arrive on time and stay until the conclusion?
- Do I make an effort to be part of the parish community?
- Do I keep Sunday holy by participating in family activities as much as possible? Do I refrain from needless work, if possible? Do I visit or call relatives, friends and neighbors who are ill or homebound?

4. Honor your father and your mother.

- Have I shown respect to my parents? Children? Spouse?
- Do I pray for my family daily, asking God for greater love and charity?
- Am I teaching my family about the faith and how to live a virtuous life through word and example?
- Do I say, "I'm sorry" when I am wrong and am I quick to forgive when others wrong me? Do I show my love for them in concrete ways?
- Am I physically or verbally abusive to any family members? If so, am I seeking help?
- Do I seek to spend quality time with family members?
- Do I care, as I am able, for aged relatives?

5. You shall not kill.

- Am I respectful of all life, from conception to natural death? How do I really act out this respect?
- Do I respect every human person, whether I "like" them or not, as a creation made in God's image?
- Have I killed or seriously injured someone?

- Am I aware of the Church's position on abortion and do I work and pray to end it? Am I vengeful? Am I filled with hate for anyone or for any group of people who may be different than me?
- Has my heart become hardened to the plight of people around the world who die each day by war and poverty? To those who live in fear of violence, rape, terror and torture?
- Has my heart become hardened to the poor in our own area? The homeless? The mentally ill?
- Does the way in which I spend money, invest, and live my life respect the lives of others in my community and around the world, especially in poor nations?

6. You shall not commit adultery.

- Do I live a chaste life?
- Have I been faithful to my spouse physically and emotionally?
- Is our marriage open to children?
- Do I hold on to anger and bad feelings toward my spouse?
- Do I speak poorly about my spouse to others?
- Do I allow myself to be tempted by others or by viewing inappropriate material?

7. You shall not steal.

- Have I stolen something that belongs to someone else?
- Do I pay a just wage to my employees?
- Do I pay my fair share of taxes? Have I acted fraudulently?
- Do I put in a good day's work for my pay?
- Have I deliberately damaged any public or private property?
- Am I wasteful?

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

- Do I lie? Gossip? Spread rumors?
- Do I pass judgment quickly on others?
- Have I passed on information which can destroy someone's reputation?
- Do I flatter people to gain an advantage? Do I judge people based on the color of their skin? How much money they make? Where they are from? What they can do for me?
- Do I speak truthfully? Do I speak with charity? Do I respect confidences and keep secrets?

9. You shall not covet your neighbor's wife.

- Do I have lustful thoughts?
- Do I treat other people as objects for me to use as I please?
- Do I pray for a pure heart?

10. You shall not covet your neighbor's goods.

- Do I constantly want more possessions or money? Does my lack of possessions or money make me unhappy?
- Am I jealous of others because of the lives they lead or the things that they have?
- Am I looking for happiness and joy through possessions, status or wealth?
- How often do I think of and pray for those who are poor in my community and around the world?
- Do I give with joy to those in need? Do I work to better their situation?

Reconciliation Format

1. Examine your conscience
2. Be sorry for your sins
3. Decide to change
4. Come to the priest and say

“Bless me Father for I have sinned.

**My last confession was _____ weeks/months ago,
and these are my sins_____.”**

When finished say:

“Father, I am sorry for these and all my sins.”

5. Father will give you a penance and he will ask you to say the **Act of Contrition.**

6. **ACT OF CONTRITION**

**O my God, I am heartily sorry for having offended You,
and I detest all my sins because of your just punishments,
but most of all because they offend you, my God,
who are all good and deserving of all my love.
I firmly resolve with the help of your grace
to sin no more and to avoid the near occasion of sin. Amen.**

7. Father prays the prayer of absolution (forgiveness) over you.

8. Father says: “Your sins are forgiven. Go in peace.”

You say: **“Thanks be to God.”**

9. Thank Father and return to pray in your pew.

10. Do the Penance (prayers, etc.) Father asks you to do.