

Examination of Conscience

1. I am the Lord, your God; you shall not worship other gods.

Is there anything or anyone more important for me than God or have I put other things money, clothes, sports, TV, music pleasure, peer approval or famous celebrities before God?

Do I pray every single day?

Do I only pray when I need something or do I also seek to praise and thank God too?

Have I denied my faith before others?

Have I been willing to affirm, defend and practice my faith before others and not just in private?

Have I been involved in occult practices?

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

Have I spoken about God, or used the name of God or Jesus or Mary, carelessly or without thinking?

Do I use bad language?

3. Keep holy the Lord's Day.

Did I miss Mass on a Sunday or a Holy Day of Obligation through my own fault?

Have I made a fuss about going to Mass?

Have I tried to pay attention to what is going on at the altar when I am at Mass and participate or do I just go through the motions?

Have I fasted one hour before receiving the Eucharist?

4. Honor your father and your mother.

Do I always obey my parents or those in authority (teachers, coaches, principal, police, etc.) and do what they tell me to do?

Am I grateful and respectful of parents, teachers, coaches, and colleagues?

Do I try to bring happiness and peace to my family or do cause tension and division?

Do I fight with my parents, siblings, or relatives?

Do I complete my homework and chores to the best of my ability?

5. You shall not kill

Have I been mean to or made fun of others?

Do I get angry easily or lose my temper?

Do I act rudely, impolitely or arrogantly toward others?

Have I physically harmed someone or tried to do so?

Have I been violent in my words or actions?

Do I hate or refuse to forgive someone?

Have I intentionally harmed my body?

Have I done drugs, allowed myself to become intoxicated or done other things that will damage my health?

Have I sold or distributed drugs?

Have I attempted suicide or entertain the thought of taking my life?

Have harmed animals or been destructive to the environment?

Did I have an abortion, or encourage or help someone else to have one?

6. You shall not commit adultery.

Have I remained chaste and pure in mind and body, as God asks of me?

Do I dress in a modest and self-respecting way?

Have I treated others, in my words, thoughts or actions, as objects? Did I commit impure acts with myself (masturbation), or with others through adultery (sex with a married person), fornication (premarital sex), or homosexual activity? **Note: homosexual feelings are not a sin*

7. You shall not steal.

Have I taken anything that did not belong to me without asking permission?

Did I knowingly receive stolen goods?

Have I made restitution for anything of value that I have stolen?

Have I cheated on a test or in a game?

Have I wasted time, goods, or food?

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

Have I told lies?

Have I broken promises?

Have I gossiped?

Have I used social media in ways that are hurtful or damaging to others?

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

Do respect other people's privacy?

Have I viewed pornography?

Have I engaged in dirty conversations?

Have I intentionally entertained impure thoughts?

10. You shall not covet your neighbor's property?

Am I jealous of others?

Am I content with what I have or do I always want more?

Am I generous in supporting the mission of the Church?

Do I give willingly, my time, talents and treasure in the apostolic and charitable works of my parish community?

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong, and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.