

# EXAMINATION OF CONSCIENCE



I am the Lord your God; you shall not have strange gods before me.  
Do I pray to God consistently at least once a day?  
Is part of my prayer thanking Him for good things?  
Do I do some spiritual reading each week (Bible or some other spiritual book)?  
Do I invite others to become Catholic or am I too timid?  
Do I speak up when moral issues are discussed?  
Do I receive the Sacrament of Confession at least yearly?  
Have I done superstitious practices: dream catchers, fortune telling, palm reading, tarot cards, etc.

You shall not take the name of the Lord your God in vain.  
Have I cursed using God's name?  
Do I use vulgar language?  
Have I watched vulgar movies?  
Do I listen to violent/vulgar music?  
Have I laughed at indecent jokes?

Keep holy the Sabbath day.  
Since my last Confession have I missed Mass on Sunday or Holy Day of Obligation (Jan 1, Aug 15, Nov 1, Dec 8)?  
Have I received Holy Communion with serious sin on my conscience (when I should have gone to Confession first)?  
Have I forgotten to fast an hour before receiving Holy Communion (includes candy/gum)?  
Have I been late to Mass unnecessarily?  
Do I support my parish with my time and money?  
Do I shop unnecessarily on Sunday?  
Do I work unnecessarily on Sunday?  
Do I remember to pray regularly for our Pope, for my bishop, and for my pastor?

Honor your father and mother.  
Do I let my phone distract me from my spouse or children?  
Do I contact/visit my parents regularly?  
Have I spoken harshly to my parents?  
Do I hold grudges against my brothers/sisters?  
Have I broken the law?  
Have I been a responsible citizen, educating myself about important political and moral issues?

You shall not kill.  
Have I been violent toward another, in action or words?  
Have I gotten drunk? Have I driven while drunk?  
Have I used drugs, including marijuana?

Have I done harm to myself by poor diet, lack of sleep, or serious lack of exercise?  
Have I participated in an abortion in any way?  
Have I lost my temper toward myself or another?  
Do I lose my temper with people while driving?  
Have I made racist comments/actions?

You shall not commit adultery.  
Have I been faithful to my spouse, in thoughts and actions?  
Have I been generous in serving my spouse?  
Have I been overly critical of my spouse?  
Have I neglected to say words of thanks, encouragement, or praise to my spouse?  
Have I used contraception or encouraged another to do so?  
Have I been sterilized or encouraged another to do so?  
Have I participated in *in vitro* fertilization?  
Have I performed unchaste actions alone or with another?  
Have I engaged in sexual acts outside of marriage, either alone or with another?

You shall not steal.  
Do I give financially to others and to my parish sacrificially and consistently?  
Do I volunteer in a ministry at least once a year?  
Have I spent too much time browsing the internet or social media?  
Do I spend too much time on video games?  
Have I wasted time at work?  
Have I spent money carelessly and wastefully?  
Have I supported immoral industries with my money?  
Have I disrespected the environment; littered, polluted, mistreated animals?

You shall not bear false witness against your neighbor.  
Have I hurt someone's reputation by unnecessarily telling others about the bad that person has done?  
Have I told lies?  
Have I gossiped?  
Have I been a negative influence, often complaining or speaking critically of others?

You shall not covet your neighbor's wife (spouse).  
Have I looked at pornography?  
Have I entertained immodest thoughts?  
Do I listen to crude music?  
Do I read indecent magazines/books?  
Do I dress modestly?

You shall not covet your neighbor's goods.  
Have I been jealous of another's success or possessions?  
Have I been decadent or wasteful in my lifestyle?  
Do I spend money wastefully?  
Do I remember to compliment others on their successes?  
Have I remembered to thank others for their generosity?

## Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more, and to avoid whatever leads me to sin. Amen.