

A Catholic Examination of Conscience

The First Commandment: I am the LORD your God. You shall have no other gods before me.

- Have I loved God above all else?
- Have I prayed morning, noon, and night? Have I been attentive at prayer?
- Have I educated myself and my children about God and his Church?
- Have I valued the things of this world above God, such as wealth, fame, or popularity?
- Have I worshipped other gods?
- Have I denied my Catholic faith or left the Church?
- Have I refused to accept any infallible teaching of the Church?
- Have I visited fortune-tellers or trusted in horoscopes?
- Have I been proud or selfish?
- Have I despaired or been presumptuous?
- Have I lied in confession or received communion in a state of mortal sin?

The Second Commandment: You shall not take the name of the Lord your God in vain.

- Have I used the name of God or sacred things irreverently?
- Have I spoken disrespectfully about the Church or her ministers?
- Have I used profane language?
- Have I broken a vow or lied under oath?

The Third Commandment: Remember to keep holy the Sabbath day.

- Have I attended Mass every Sunday and Holy Day of Obligation?
- Have I been habitually late to Mass? Have I left early without serious reason?
- Have I been inattentive at Mass?
- Have I engaged in unnecessary work on Sundays?
- Have I spent Sundays resting and enjoying time with my family?

The Fourth Commandment: Honor your father and your mother.

- Have I been obedient and respectful to my parents?
- Have I spoken uncharitable to or about my parents?
- Have I respected legitimate authority?
- Have I obeyed all just laws?
- Have I respected and obeyed my superiors?
- Have I loved and provided for my children materially, emotionally, and spiritually?
- Have I been a cause of scandal or set a bad example?

The Fifth Commandment: You shall not kill.

- Have I murdered anyone or desired to do so?
- Have I had an abortion or encouraged another to have an abortion?
- Have I hurt another person intentionally or through reckless behavior?
- Have I abused alcohol or other drugs?
- Have I injured another person's reputation?
- Have I spoken uncharitably to or about another?
- Have I engaged in verbal or emotional abuse of another?
- Have I hurt myself intentionally?
- Have I hated another person or been prejudiced?
- Have I engaged in gluttony?
- Have I been angry or impatient? Have I been vengeful or unforgiving?
- Have I hurt animals unnecessarily?

The Sixth Commandment: You shall not commit adultery.

- Have I engaged in sexual acts with someone I am not married to?
- Have I used contraception or sterilization? Have I engaged in sexual actions that are not open to life?
- Have I abused another sexually or allowed another to do so?
- Have I watched pornography or engaged in masturbation?
- Have I willingly entertained impure thoughts?
- Have I told or listened to inappropriate comments or jokes?
- Have I kissed someone for the pleasure of the act and not as an expression of emotion and commitment?

The Seventh Commandment: You shall not steal.

- Have I taken anything that does not belong to me?
- Have I destroyed the property of others?
- Have I been idle or dishonest about my time at work?
- Have I been generous to the poor and needy?
- Have I paid fair wages to my employees and treated them with dignity?
- Have I cheated at school, on my taxes, or in competition?
- Have I gambled excessively?
- Have I been a good steward of my resources and of the environment?

The Eighth Commandment: You shall not bear false witness against your neighbor.

- Have I been dishonest by word or omission? Have I willingly deceived another person?
- Have I gossiped or committed libel?
- Have I been judgmental or hypercritical in my thoughts about others?
- Do I keep confidences that are entrusted to me?

The Ninth Commandment: You shall not covet your neighbor's wife.

- Have I lusted after another person?
- Have I dressed immodestly? Have I encouraged impurity in others?

The Tenth Commandment: You shall not covet your neighbor's goods.

- Have I been envious of other people's gifts?
- Have I been grateful for the good things in my life?
- Have I been greedy or stingy?
- Do I trust that God will provide all I need? Am I grateful for all the spiritual and material gifts he has blessed me with?

The Precepts of the Church:

- Attend Mass on Sundays and Holy Days of Obligation.
- Confess mortal sins at least once a year.
- Receive the Eucharist at least once a year at Eastertide.
- Fast and abstain according to the rules of the Church:
 - Fast (one large meal, two small meals) on Ash Wednesday and Good Friday.
 - Abstain (no meat) on Ash Wednesday and Fridays in Lent.
- Marry according to the laws of the Church.
- Contribute to the support of the Church (tithe 10%).

Act of Contrition: O my God, I am heartily sorry for having offended You and I detest all my sins, because of your just punishment, 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 do penance, to sin no more, and to avoid the near occasion of sin. Amen.