

# **Examination of Conscience**

## **Based on the Ten Commandments**

### **1. You shall have no gods before me**

*Is God the center of my life?*

*Do I fully practice my faith?*

*Is there a relationship, a possession, an activity that has become more important to me than God?*

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

*Do I swear or use God's name in vain?*

*Is my speech worthy of a child of God?*

### **3. Keep holy the Sabbath.**

*Do I attend Mass on all Sundays and holy days?*

*Do I make Sunday a day of rest and prayer?*

*Do I avoid unnecessary work and shopping on Sundays?*

### **4. Honor your father and mother.**

*Do I love, respect and obey my parents?*

*Do I respect and help those in authority?*

### **5. You shall not kill.**

*Have I physically or emotionally hurt others?*

*Do I respect the dignity of everyone?*

*Do I work for the great cause of the defense of all human life?*

**6. You shall not commit adultery.**

*Do I live chastity as proper to my state in life?*

*Do I respect the sexuality of others and myself as a divine gift?*

*Do I use artificial contraceptives?*

*Do I use masturbation, pornography, extra-marital sexual intercourse as a way to gratify lust?*

**7. You shall not steal.**

*Have I taken what does not belong to me?*

*Do I work diligently for the pay I receive?*

*Do I share what the Lord has given to me?*

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

*Do I lie?*

*Have I gossiped or slandered others?*

*Have I hurt the reputation of others?*

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

*Do I honor and respect the proper boundaries of relationships?*

*Have I led others to sin through immodesty or bad example?*

**10. You shall not covet your neighbor's possessions.**

*Am I envious or jealous of others?*

*Am I selfish, greedy or possessive with things or relationships?*