

## EXAMINATION OF CONSCIENCE

Listed below are some questions based on the 10 Commandments that may assist you in your preparation.

- Do I love God above all things? Do I put God first in my life? Do I make decisions based on my love for God? Do I show my love of God by going to Mass? Do I pray daily? Do I sincerely want to be set free from sin and turn again to God?
- Do I honor God? Does my language reflect my love and respect for God? Do I wish evil upon others? Do I break oaths or take them thoughtlessly? Am I irreverent towards sacred worship?
- Have I willfully missed Mass on Sundays or Holy Days of Obligation? Do I participate fully and consciously when I attend Mass? Do I seek a deeper relationship with God in the sacrament of reconciliation?
- Am I kind to my parents? Do I make time to be involved in the lives of my parents? Do I care for my aging parents? Am I patient and loving to them? Have I neglected my duties to my spouse and my children? Do I set a good example at home?
- Have I physically harmed others? Myself? Abused anyone in any way? Have I abused alcohol/drugs? Do I fight? Have my words or actions harmed another emotionally? Do I tell lies about other people? Am I true to my promises? Has my silence caused others harm?
- Have I been faithful to my marriage vows and to my spouse? Do I honor and respect the modesty, privacy, and rights of others? Am I chaste in my thoughts, words, and actions?
- Do I steal things? Did I find something and keep it without trying to find the owner? Do I waste (steal) time at work, school or home? Do I gamble excessively? Am I greedy? Am I honest and fair in my business dealings?
- Do I gossip about others? Do I tell lies or untrue stories about others? Have I damaged the reputation of another? Have I been mean to anyone because of their nationality? Do I try to tempt others to do wrong things with me?
- Have I been true to the commitments I have made? Do I honor and respect the institution of marriage? Do I avoid situations that can lead to my unfaithfulness?
- Am I grateful for the material blessings I have? Am I jealous of the things that someone else owns? Do I place too much value on material things? Am I jealous when good things happen to others? Do I help those who need help? Do I help the poor?
- Do I try to do something to help the poor and needy whenever I can? Am I greedy or selfish? Do I try to be fair and just in all the things that I do? Do I trust that God will care for me? Do I respect others and their opinions? Do I always need to be in control? Do I try to dominate or manipulate coworkers or members of my family? Do I reflect on what God is calling me to do?