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Examination of Conscience

To prepare for the Sacrament of Penance it is important to examine your conscience for the sins that have distanced or separated you from the grace of God. Please take time to prayerfully meditate on God's commandments and the seven deadly sins to help you prepare for your confession. It is extremely important not to treat any examination of conscience aid like a simple checklist (if it is not listed it doesn't need to be confessed). Instead start by praying for the assistance of the Holy Spirit to help you reflect and call to mind what you have done or failed to do in regard to sin.

The Ten Commandments

I. I am the Lord, thy God; thou shalt not have strange gods before Me.

Do I truly love God above all or do I make other things such as celebrity, sports, popularity, clothes, money, friends, pleasure, the Internet, social media, video games, or television a higher priority in my life than God? Have I worked to strengthen my relationship with God by giving proper time to daily prayer, learning about my faith, and giving witness to others by living a life of strong faith? Have I taken part in non-Christian worship? Have I disregarded my religious obligations? Presumed upon God's mercy in committing sin? Have I denied my faith to others or doubted my faith?

II. Thou shalt not take the name of the Lord thy God in vain.

Have I used the name of God with irreverence? Have I sworn (which means calling upon God to witness the truth of what I say) without a good reason, or falsely? Have I cursed (the calling down of some evil on a person, place, or thing)? Blasphemed (used insulting language to express contempt for God), the saints, or holy things?

III. Remember to keep holy the Sabbath day.

Did I skip Mass on Sunday or a Holy Day of Obligation? Did I keep the Eucharistic fast before Mass? Did I prayerfully participate in Mass or just sit through it? Have I done unnecessary servile work or been responsible for others doing it on these days? Did I receive Holy Communion in a state of mortal sin?

IV. Honor thy Father and Mother.

Have I been obedient to my parents and lawful superiors? Have I shown disrespect toward their God-given authority? Have I deceived them? Have I been a good member of my community? Have I shown respect toward elders? Have I used my authority properly?

V. Thou shalt not kill.

Did I consent, recommend, advise, approve, support or have an abortion? Did I actively or passively cooperate with an act of euthanasia whereby ordinary means were stopped or means taken to directly end the life of an elderly or sick person? Have I committed an act of violence or abuse (physical, sexual,



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emotional or verbal)? Have I endangered the lives of others by reckless driving or by driving under the influence of drugs or alcohol? Have I used artificial contraceptives (birth control) or encouraged anyone to do so? Do I show contempt for my body by neglecting to take care of my own health? Have I held a grudge or sought revenge against someone who wronged me? Do I point out others' faults and mistakes while ignoring my own? Do I complain more than I compliment? Do I tear people down rather than encourage them?

VI. Thou shalt not commit adultery. IX. Thou shalt not covet thy neighbor's wife.

Have I had sex of any kind outside of sacramental marriage? Did I take pleasure in impure thoughts or desires? Say impure things? Listen to impure conversations? Did I touch others or let others touch me in an impure manner? Commit an impure act alone or with others? Want to look at impure things or pictures? Teach others to commit sins of impurity?

VII. Thou shalt not steal. X. Thou shalt not covet thy neighbor's goods.

Have I stolen anything? If so, of what value, and did I return the stolen goods? Have I been unjust in buying or selling? Have I damaged the property of others? Accepted or kept stolen goods? Paid my just debts as soon as possible? Has my daily work merited its pay check? Am I envious of others (resentful and hopeful of ill-will on the good fortune of another)? Am I jealous of others (fearful that you will lose something to another)?

VIII. Thou shalt not bear false witness against thy neighbor.

Have I lied? Have I judged others rashly (believing something harmful to another's character without sufficient reason)? Did I spread lies about others (calumny) or make known their faults (detraction)? Have I kept my promises? Did I reveal information that I should have kept private? Have I been gossiping or spreading rumors? Did I insult, tease, or bully anyone with the intention of hurting them?

Seven Deadly Sins

- I. **Pride:** An unrestrained appreciation of our own worth. Excessive love of self (especially holding self out of proper position toward God).
- II. **Avarice (Greed):** An immoderate desire for earthly goods. A very excessive or rapacious desire and pursuit of wealth, status, and power.
- III. **Lust:** Thoughts or desires of a sexual nature. Lack of self-control to passions in earthly life.
- IV. **Wrath:** Inordinate and uncontrolled feelings of hatred and anger.
- V. **Gluttony:** The over-indulgence and over-consumption of anything to the point of waste.
- VI. **Envy:** Sorrow over the good fortune of our neighbor.
- VII. **Sloth:** Laziness to do right or indifference to do right and to practice virtue because of the effort attached to it.