

# **An Examination of Conscience based on the Ten Commandments**

## **First Commandment**

*I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.*

Have I...

- Disobeyed the commandments of the Church?
- Deliberately misled others about the faith?
- Made anything or anyone else in my life more important than God?
- Engaged in superstitious practices? (Incl. horoscopes, fortune tellers, etc.)
- Made a sacrilegious Communion or Confession?

## **Second Commandment**

*You shall not take the name of the Lord your God in vain.*

Have I...

- Used the name of God in cursing or blasphemy?
- Watched television or movies, or listened to music that treated God, the Church, the saints, or sacred things irreverently?
- Used vulgar, suggestive or obscene speech?

## **Third Commandment**

*Remember to keep holy the Lord's day.*

Have I...

- Missed Mass on Sunday or Holy Days through my own fault?
- Paid attention and been respectful in church?
- Done unnecessary servile work on Sunday?

## **Fourth Commandment**

*Honor your father and your mother.*

Have I...

- Obeyed all that my parents reasonably asked of me?
- Talked back to, or spoken badly about, my parents?
- Obeyed my teachers?
- Obeyed all just laws?
- Tried to be a good influence on my siblings or other members of my family?

## **Fifth Commandment**

*You shall not kill.*

Have I...

- Intentionally hurt someone?
- Bullied or made fun of someone?
- Sought revenge on someone?
- Tried to harm someone's reputation?
- Seriously risked my own health or safety?
- Helped another person to commit a mortal sin?

## **Sixth Commandment**

*You shall not commit adultery.*

Have I...

- Practiced the virtue of chastity?
- Given in to lust?
- Committed any act of impurity?
- Watched anything on television, the Internet, or in print that was indecent or inappropriate?
- Dressed immodestly?

## **Seventh Commandment**

*You shall not steal.*

Have I...

- Stolen anything?
- Been generous?
- Broken something that didn't belong to me and not been willing to make amends?

## **Eighth Commandment**

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

Have I...

- Lied?
- Gossiped?
- Committed detraction?
- Committed slander or calumny?
- Been guilty of rash judgment?
- Cheated in school?
- Told a secret I should have kept?

## **Ninth & Tenth Commandments**

*You shall not covet your neighbor's spouse..*

*You shall not covet your neighbor's goods.*

Have I...

- Intentionally focused on impure thoughts?
- Intentionally desired something that belongs to someone else?