


The Light is ON for You.
Celebrate the Sacrament of Reconciliation

EXAMINATION OF CONSCIENCE

I am the Lord your God: You shall not have strange gods before me

- Do I seek to love God with my whole heart and spend time in prayer every day?
- Have I treated people, events, or things as more important than God?
- Have I gone to confession at least once a year?
- Have I ever deliberately told a lie in Confession or withheld a mortal sin from the priest?
- Have I failed to perform the penance given me by a confessor or disobeyed his directions?
- Have I ever received communion in a state of mortal sin?
- Do I seek to surrender myself to God's word as taught by the Church?
- Am I willfully ignorant of Church teachings on given issues?
- Have I willfully doubted or denied any of the teachings of the Church?
- Have I contributed to the support of the Church?
- Have I been involved with superstitious practices or have I been involved with the occult?

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

- Have I avoided the profane use of God's name in my speech?
- Have my words, actively or passively, put down God, the Church, or other individuals?
- Have I insulted a sacred person or abused a sacred object?
- Have I broken a solemn vow or promise?
- Have I been angry with God or despaired of His mercy?

Remember to keep holy the Lord's Day

- Have I deliberately missed Sunday Mass or Holy Days of Obligation?
- Was I inattentive at, or unnecessarily late for, Mass, and did I leave early?
- Have I followed the Church's teachings on fasting and abstinence?
- Do I look for ways to spend time with family or in service on Sunday?
- Do I avoid, when possible, work that impedes: worship to God, joy for the Lord's Day, or proper relaxation of mind and body?

Honor your father and your mother

- Do I honor and obey my parents and seek to maintain communication with them?
- Do I care for my aged and infirm relatives?
- Have I given my family a good religious example?
- Have I neglected my duties to my spouse and children?
- Have I been attentive to the religious education and formation of my children?
- Have I disobeyed lawful superiors in important matters?

You shall not kill

- Have I physically harmed anyone?
- Have I had an abortion or encouraged or helped anyone to have an abortion?
- Have I engaged in other sins against human life, such as sterilization, artificial insemination, or in-vitro fertilization?
- Have I participated in or approved of euthanasia or seriously considered suicide?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading him or her into sin?
- Have I taken pleasure in the misfortunes of others or been angry or resentful?

You shall not commit adultery

- Have I been faithful to my marriage vows in thought and action?
- Have I used any method of contraception or artificial birth control in my marriage?
- Has each sexual act in my marriage been open to the transmission of new life?
- Have I been guilty of masturbation?
- Have I engaged in any sexual activity outside of marriage?
- Have I denied my spouse his or her marital rights?
- Do I seek to be chaste in my thoughts, words, & actions?
- Have I read indecent literature, looked at indecent pictures, or watched suggestive films?
- Have I been guilty of any homosexual activity?

You shall not steal

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen? Do I pay my debts promptly?
- Have I cheated anyone out of what is justly theirs: creditors, insurance companies, the IRS?
- Do I gamble excessively, thereby denying my family of their needs?
- Do I waste time at work, school, and home?
- Do I seek to share what I have with the poor?

You shall not bear false witness against your neighbor

- Have I injured the reputation of others by slander?
- Do I speak badly of others behind their back?
- Have I lied? Have I gossiped? Have I forgiven others?
- Do I keep secret what is confidential?
- Am I critical, negative, or uncharitable in my thoughts of others?

You shall not covet your neighbor's spouse

- Have I honored my spouse with my full affection and exclusive love?
- Have I behaved in an inappropriate way with members of the opposite sex?
- Have I consented to impure thoughts? Have I caused these thoughts by impure reading, movies, television, conversation or curiosity?

You shall not desire your neighbor's goods

- Am I greedy or selfish? Are material possessions the purpose of my life?
- Am I content with my own means and needs, or do I compare myself to others unnecessarily? Do I envy the families or possessions of others?