

# EXAMINATION OF CONSCIENCE

## Guide for Adults Based on the 10 Commandments

### 1. I am the Lord your God. You shall not have strange gods before me.

- Do I give God time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved with superstitious practices or have I been involved with the occult?
- Do I seek to surrender myself to God's Word as taught by the Church?
- Have I ever received Communion in the state of mortal sin?
- Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?
- Are there other "gods" in my life? Money, Security, Power, People, Comfort, etc.?

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

- Have I used God's name in anger or as a swear word?
- Have I used God's name lightly or carelessly?
- Have I insulted a sacred person or abused a sacred object?

### 3. Remember to keep holy the Lord's Day.

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Have I brought my children to Mass for Sundays and Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest?
- Do I do needless work on Sunday?

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

- Do I honor and respect my parents?
- Have I neglected my duties to my spouse and children?
- Have I given my family a good example of faith?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirm relatives?

### 5. You shall not kill.

- Have I had an abortion or encouraged or helped anyone to have an abortion?
- Have I physically harmed anyone?
- Have I hurt others by my words or actions?
- Have I wished evil upon any other person?
- Have I abused alcohol or drugs?
- Do I commit gluttony by overeating when I'm full or overindulging in good things?
- Did I give scandal to anyone, thereby leading him or her into sin?
- Have I held on to anger or resentment or hatred?
- Have I undergone, encouraged, or condoned sterilization?
- Have I engaged, in any way, in sins against human life such as artificial contraception or in vitro fertilization or artificial insemination?
- Have I participated in or approved of euthanasia?

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

- Have I engaged in any sexual activity outside of marriage?
- Have I been faithful to my marriage vows in thought and action?
- Have I used any method of artificial 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 viewed pornographic video or images?
- Have I consented to impure thoughts?
- Have I respected all members of the opposite sex, or have I thought of other people as mere objects?
- Am I careful to dress and act modestly?

**7. You shall not steal.**

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

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

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

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

- Am I grateful for my own marriage and do I seek to honor my spouse?
- Have I kept healthy boundaries between myself and members of the opposite sex?

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

- Do I envy the families or possessions of others?
- Am I greedy or selfish?
- Do I allow jealousy a place in my heart?
- Are material possessions the purpose of my life?
- Do I seek to be grateful for my own blessings?