

Examination of Conscience



First Commandment: "*I am the Lord your God: you shall not have strange Gods before me.*"

Second Commandment: "*You shall not take the name of the Lord your God in vain.*"

Have I loved God over everything?

- To whom (or what) have I given more attention?
- Have I made my family, school, work, apostolate, programs, ideas or other good things my first love?
- Do I demonstrate by my actions my trust in the love and power of God?
- Do I allow God to act in my life or do I go about trying to do it all myself?
- Have I fallen into superstitions or other religious practices outside Christianity?

Daily Prayer

- Do I have time of personal and family prayer which include reading the Scriptures and praying the Rosary?
- Do I usually praise God and thank Him for what I have or do I complain most of the time?
- Do I pray for my family, my friends, the Church, the Holy Father, and for the world?
- Do I allow the Holy Spirit to enter my heart by being open to His presence?
- Do I know what it means to wait upon the Lord with a ready heart? Have I done it?
- When the Lord teaches me something, do I keep it in my heart and seek to ponder (reflect) upon it?
- Do I turn to God to discern what I should do in major as well as minor decisions, understanding how important it is to make right choices in all that I do?
- What criteria do I have to determine if what I am thinking or desiring is from God or from myself?
- Do I use the gifts the Lord has given me for His glory? Am I open to receive new gifts as God wills?
- Have I become used to doing only what is necessary to get by in my relationship with God or do I live my faith in the Spirit, offering myself to Him with all of my heart?

Obedience

- Do I seek God's Will for my life in prayer?
- Do I obey the teachings of the Catholic Church or do I interpret them in my own manner?
- What motivates my life, God's Will or my own "good" plans (my will)?
- Do I allow God to guide me or do I "offer" Him my own finished plans so He can bless them?
- Do I listen, obey and respect those who have legitimate authority over me (just laws, teachers, legitimate bosses, etc.)?

Study

- Do I study my Catholic faith (the Bible, the teachings of the popes and saints) or am I pleased with my own way of understanding God?
- Am I growing in my formation as I should? Do I know more about my faith today than I did before?
- What practical steps do I take to be formed in the faith?



Order and Priorities

- Where are my priorities; what are the motives behind what I do? Does my time respond to God's priorities or to pressures from people or from the desire to look good before others?
- Do I waste time on (magazines, programs, etc.) that do not edify?
- Do I organize my day with discipline, allowing time for each area of which I am responsible: God, family, work, school?
- Do I remain long periods doing what I like knowing that it is time to do something else?
- Do I respect the needs and time of others; for example: when I seek help on the telephone?
- Do I take care of my health or do I have vices, lack of exercise, rest, nutrition?
- Do I take too much care of myself?
- Do I understand that what I do will have a profound effect on my eternal life?
- Do I reflect upon my death and upon the last judgment?

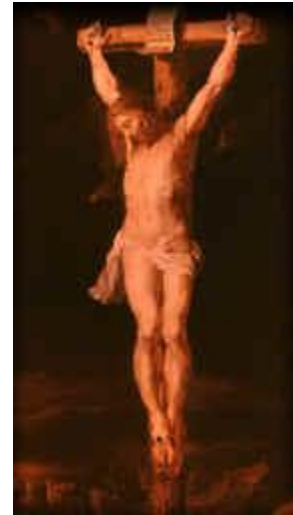
Third Commandment: "*Remember to keep holy the Lord's Day*"



- Do I keep the Lord's day (Sunday) for the Lord or do I work unnecessarily on that day?
- Do I go to **mass every Sunday**?
- Do I truly believe in Jesus' Real Presence in the Eucharist?
- Have I adored and given my whole heart to Christ who awaits for me in the Eucharist?
- Have I loved and consoled Christ for all those who offend Him with their sins?
- Do I make an honest effort to go to daily mass? Do I prepare my heart to receive the Lord in Holy Communion?

The Cross

- Have I prayed and meditated before the Crucifix? Do I seek its powerful transformation and wisdom?
- Do I allow God to manifest the Cross in my life or do I immediately reject it?
- Do I ask God for the grace to love the cross?
- Have I deviated from God's Will to avoid the cross and suffering?
- Do I unite my cross with Christ's: my problems, my sicknesses, responsibilities, relationships, age, vocation?
- Do I seek satisfaction in all my needs both physical and emotional or do I know how to mortify and deny myself for love of Jesus?
- Do I unite myself to others who carry a cross of suffering?
- Do I offer sacrifices for the conversion of others?



Confession

- When was my last confession? Was it a thorough confession or did I hide some things?
- Do I reject sin even if it is culturally acceptable?
- Do I think or act superficially, believing that the example of the saints is an "exaggeration"?
- Have I avoided the occasion for sin: places, programs, friends that are not good for me?
- Do I allow God to show me my sins (including my past sins)?
- Do I repair with seriousness and responsibility my sins and faults, or do I justify them?
- Do I appreciate when others correct my wrongdoings or do I become angry?
- Is there someone I have to forgive or ask forgiveness to and as yet have not done it?
- After my confessions, do I make changes for the better?



My love for the Blessed Virgin Mary, Mother of God

- What place does Mary have in my heart and life?
- Have I consecrated (entrusted) my life to her as Jesus did?
- Do I live my consecration fully? How?
- Do I go to her in prayer? Do I meditate on her life?
- Do I accept her maternal care allowing myself to be formed by her? How?
- Do I try to imitate the virtues of her Immaculate Heart, especially her humility, obedience, silence, service, and openness to God?
- Do I study the teachings of the Church on Mary?
- Do I give witness to my love, honor and respect for Mary in my words and actions?



Relationships with others

- Are my relationships in the manner that God wants them to be: loving, pure, chaste, holy, and sincere?
- Do I have feelings of anger, resentment or hate towards someone?
- Do I participate or allow arguments, rivalries, ambitions, discord, unedifying secrets, disputes, envy, etc?
- Am I responsible in my commitments towards my family, friends, and others? Do I grow spiritually in these commitments?
- Can other people depend upon me? Do I keep my promises, commitments, confidentiality?
- Do I try to be an instrument of unity with others?
- Am I helpful towards those in need?
- Am I attentive without being curious?
- Am I prudent in what I say and in how I act?
- Am I grateful for the care and service I receive (even in the most little, routine things)?



Fourth Commandment: "*Honor your father and your mother*"

- Do I obey, care, and honor my parents according to their age and needs?
- Do I have a negative attitude towards them?
- Do I spend quality time with my family: eat together, have entertainment together?
- Do I foster a good, solid relationship with each member of my family?
- Am I available and willing to help in my home according to the needs?
- Do I have a sincere sense of hospitality towards those people who enter my home?
- Do I cherish and protect my friendships?
- Do I demonstrate the necessary respect that every human person deserves?

If you are married, in addition to what was already mentioned, examine yourself in the following:

- Do I protect my family from the evil influences in their surroundings? How?
- Have I manipulated, with my anger, to get things done my way?
- Do I permit that others (parents, friends) manipulate me or come between my marriage?
- Do I honor and respect my spouse at all times? Do I see him or her as a gift given to me by God to complement my life?
- Have I shared with my spouse the vision I have of my family or do I expect that all things be done my way?
- Do I listen to my spouse with interest?
- Do I express frequently my love, care and respect towards my spouse?

With my children

- Do I detect problems in my children and confront them with wisdom? Do I listen to them?
- What measures do I take to make my house a home?
- Am I economically responsible and orderly?
- Do I teach my children how to pray, to grow in virtue, character and maturity, without being afraid of disciplining them?
- Do I teach them about God, read the Bible with them and pray the Rosary together?

- Do I give them opportunities to grow in a sense of responsibility?

Fifth Commandment: "*You shall not kill.*"

- Have I killed or made an attempt against someone's life? (helped or participated in abortion, suicide, driven without caution, irresponsible acts that have placed lives in danger, aggression, violence, etc.?)
- Have I acted against someone's dignity
- Have I caused someone to lose their faith in God, the Blessed Virgin Mary, the Catholic Church?



Sixth Commandment: "*You shall not commit adultery.*"

Ninth Commandment: "*You shall not desire your neighbor's wife*"

- Have I sought affection outside of God's plan and order?
- Do I have relationships according to my likes or relationships that edify?
- Have I had fantasies or impure acts, with myself or others?
- Do I allow jokes, programs, seductive attitudes or immodesty in dress in myself or in others?
- Do I obey God's plan for sexuality in my state of life?
- Do I study the teachings of the Church on human sexuality?
- Do I use some form of contraception? Do I understand that this is against the will of God and a grave sin?

Seventh Commandment: "*You shall not steal.*"

Tenth Commandment: "*You shall not desire your neighbor's goods.*"

- Have I stolen in any way?
- Have I neglected property and failed to return what belongs to others?
- Do I take advantage of my position (in my job or other) for my own personal benefit?
- Am I greedy with my things?
- Do I feel sad when others prosper and joy when things go bad with them?
- Am I a compulsive shopper?

Eight Commandment: *"You shall not bear false witness against your neighbors"*



- What inspires my words: God or my ego?
- Do I want to give my opinion in everything?
- Do I tell the truth?
- Do I judge or gossip about others?
- Do I have the habit of complaining about most things, seeking pity or relief?
- Have I spoken what is not edifying: inappropriate jokes, against a race, nationality, etc?

An essential part of the Sacrament of Confession is an Act of Contrition

Oh my God, I am heartily sorry for having offended you and I detest all my sins because of your just punishment, but most of all because they offend you, my God who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to avoid the occasions of sin.

May your confession be the true source of grace which God has intended it to be for you. For this to be possible, it is necessary for you to be open to this grace and for you to amend your life.