

AN EXAMINATION OF CONSCIENCE

28 Feb 2022

I. I AM THE LORD THY GOD, THOU SHALT HAVE NO OTHER GODS BESIDES ME

Do I love God above all things?

Have I doubted God's love for me?

Have I doubted God's ability to forgive me?

Have I doubted God's desire for my salvation?

Have I presumed my salvation?

Have I failed to orient my life and activities toward God, Who is my Creator and Redeemer?

Do I profess to be Christian yet live as if there were no God?

Have I denied God's existence?

Have I been superstitious, believing in horoscopes, reincarnation, tarot cards, crystal power or fortunetellers?

Have I taken part in seances, used a ouija board or taken part in pagan rituals?

Have I professed another religion?

Do I belong to a group because of their opposition to the Catholic Faith (such as the Order of Free Masons, Planned Parenthood, We Are Church, Women's Ordination Conference, Catholics for a Free Choice, Call to Action)?

II. THOU SHALT NOT USE THE NAME OF GOD IN VAIN

Have I used foul or vulgar language?

Have I blasphemed the Blessed Virgin Mary, the saints or the Catholic Faith?

Have I used the Holy Name of God disrespectfully?

Have I used the Holy Name of God in a curse?

Did I fail to complete my penance from a previous confession?

Have I withheld serious sins in a previous confession?

Have I failed to mention serious sins I may have forgotten in a previous confession?

Have I sworn falsely or vainly or have I broken an oath made with God as witness?

III. THOU SHALT KEEP HOLY THE SABBATH DAY

Have I neglected my prayer life?

Have I failed to make an act of penance or perform a work of mercy on Fridays?

Have I done unnecessary physical work on Sundays?

Do I habitually come to Mass late and/or leave Mass early?

Have I missed Mass on a Sunday or Holy Day of Obligation?

Have I been the cause of my children's missing Mass?

Have I received Holy Communion and then immediately left Mass early?

Have I shown lack of reverence to the Blessed Sacrament?

Have I failed to receive Holy Communion at least once a year at Easter time?

Have I received Holy Communion sacrilegiously (without preparing myself in prayer, without maintaining the fast, in the state of mortal sin or while holding beliefs contrary to the dogma of the Church)?

Have I received communion in other than a Catholic Church?

IV. THOU SHALT HONOR THY MOTHER AND THY FATHER

Have I disobeyed my parents or those who have lawful authority over me?

Have I been neglectful in caring for my sick or elderly parents?

Have I failed in showing my parents due honor and respect?

Have I neglected the Catholic upbringing and education of my children?

Have I forced my children to choose between attending Mass and going to Religious Education classes?

Have I made it difficult for my children to respect their father or mother?

Have I defamed my grandparents, parents, in-laws or spouse?

Have I failed to educate myself in the Catholic Faith according to my capacities?

Have I failed to defend the Catholic Faith against detractors?

Have I failed to accept any of the teachings of the Holy Catholic Church?

Have I disparaged a bishop, priest, deacon, brother or sister?

Am I obstinate in my refusal to believe?

Do I dissent obstinately or rebel against the teaching authority the Church or of the Pope?

Have I encouraged others to so rebel and dissent against the Church?

Have I denied the Catholic Faith in whole or even in part?

V. THOU SHALT NOT MURDER

Have I been impatient, angry, jealous, unkind, proud or hateful?

Have I injured anyone else's reputation through gossip, slander, detraction or calumny?

Have I harbored hatred or held a grudge?

Have I refused to forgive someone?

Am I bigoted or prejudiced?

Have I committed gluttony (excessive overeating)?

Have I physically injured anyone?

Have I been physically or verbally abusive to my spouse, children, siblings or parents?

Have I driven aggressively or recklessly?

Have I jeopardized the lives of others by drunk-driving?

Have I killed anyone?

Have I neglected the care of the infirm, the elderly or the handicapped who are in my charge?

Have I committed euthanasia or so-called mercy killing?

Have I taken part in an assisted suicide or have I attempted suicide myself?

Have I been negligent in caring for the health of my body, the "Temple of the Holy Spirit"?

Have I abused drugs?

Have I abused alcohol by getting drunk?

Have I used "contraceptives" that can cause early abortions

(e.g., the Pill, the IUD, Depo-Provera or Norplant)?

Have I had or taken part in an abortion?

Am I pro-choice?

As a public official, have I worked to keep the sin of abortion legal?

Have I participated in in-vitro fertilization?

VI. THOU SHALT NOT COMMIT ADULTERY
IX. THOU SHALT NOT COVET THY NEIGHBOR'S WIFE

Have I failed to be chaste according to my state in life?
Have I attempted marriage outside the Catholic Church or without her permission?
Have I been crude or impure in conversation, thought or deed?
Have I failed to maintain my virginity before marriage?
Have I sought out pornography in movies, television, magazines, shows; or the Internet?
Have I engaged in the sin of masturbation?
Have engaged in, condoned or defended homosexual acts?
Am I living as husband and wife with someone to whom I am not married (e.g., my fiancée)?
Have my spouse or I used contraception?
Have I mutilated myself or allowed my spouse to do so by means of sterilization?
Have I been unfaithful to my marriage vows?
Have I engaged in any sexual activity with someone other than my spouse?
Have I desired another's spouse?
Have I engaged in any other improper or scandalous conduct with another's spouse?

VII. THOU SHALT NOT STEAL
X. THOU SHALT NOT COVET THEY NEIGHBORS' GOODS

Have I been envious or jealous of another's fortune?
Have I cheated or stolen?
Have I unlawfully copied software, videos or music?
Have I purchased goods I know to have been stolen?
Have I stolen so as to jeopardize another's livelihood?
Have I failed to put in a full day's work for a full day's pay?
Have I failed to give a fair wage to my employees?
Have I failed to fulfill my contracts?
Have I gambled excessively or speculated rashly?
Have I been indifferent or lacking in compassion for the poor?
Have I taken advantage of or contributed to the oppression of the poor in any way?
Have I failed to make my just contribution to Church and to the spread of the Catholic Religion?

VIII. THOU SHALT NOT BEAR FALSE WITNESS

Have I lied or am I in the habit of not telling the truth?
Have I perjured myself?
Have I rationalized my lies?
Have I been dishonest in my business transactions?

*"Those confessionals scattered about the world
where men declare their sins, do not speak of the severity of God.
Rather do they speak of His mercy.
And all those who approach the confessional,
sometimes after many years weighed down with mortal sins,
in the moment of getting rid of this intolerable burden, find at last a longed-for relief.
They find joy and tranquillity of conscience which, outside of Confession,
they will never be able to find anywhere."*

Pope John Paul II, *Homily*, 16 March 1980