

# Examination of Conscience

*An examination of conscience is a 'prayerful self-reflection on our words and deeds in the light of the Gospel to determine how we may have sinned against God.'*

– *Catechism of the Catholic Church, Glossary*

Page 171 of your text suggests that 'one way to examine our conscience is to go through the commandments and ask ourselves if we broke any of them'. Below is an examination of conscience based on the Ten Commandments. In a quiet location, maybe while listening to meditative music, go through the examination slowly and reflect on each item.

## **A Brief Examination of Conscience**

*(Based on the Ten Commandments)*

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

Have I treated people, events, or things as more important than God?

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

Have my words, actively or passively, put down God, the Church or people?

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

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Dec. 8; Dec. 25; Jan. 6; Mar. 17; Aug. 15

Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

*Honour your father and your mother.*

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible?

Do I criticise them for lacking skills I think they should have?

*You shall not kill.*

Have I harmed another through physical, verbal or emotional means, including gossip or manipulation of any kind?

*You shall not commit adultery.*

Have I respected the physical and sexual dignity of others and of myself?

*You shall not steal.*

Have I taken or wasted time or resources that belonged to another?

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

Have I gossiped, told lies or embellished stories at the expense of another?

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

Am I envious of others? Do I resent their popularity or success?

**SECTION D | LESSON 45 | WORKSHEET 1**

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

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

**A Short Act of Contrition**

O my God, I thank you for loving me. I am sorry for all my sins, for not loving others and not loving you. Help me to live like Jesus and not sin again. Amen.

*– Irish Catholic Catechism for Adults*