

## EXAMINATION OF CONSCIENCE FOR CHILDREN

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

Do I give time every day to God in prayer?

Do I put my trust in superstitions, good luck charms, rather than God alone?

Have I rejected any Church teaching or denied that I was a Catholic?

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

Have I used the words "God" or "Jesus" in anger or irreverently?

Have I used foul or ugly language? Have I wished evil on another?

### **III. Remember to keep holy the Lord's day.**

Have I missed Mass on Sunday or any holy day of obligation?

Do I arrive at church late or leave early? Do I try to be reverent and pay attention during Mass?

Do I avoid unnecessary work on Sunday? Do I make Sunday a day of prayer or rest?

### **IV. Honor your father and your mother.**

Do I respect and obey my parents? Have I dishonored or mistreated them by word or deed?

Am I willing to help around the house or must I be nagged a hundred times?

Do I try to get along with my brothers and sisters? Do I give a good example, especially to younger siblings?

Am I a tattletale or bully?

Do I respect others in authority: priests, nuns, police, old people, baby-sitters?

### **V. You shall not kill.**

Do I beat up others or hurt their bodies?

Do I say cruel things, or make fun of others to hurt their feelings?

Do I say mean things about others behind their backs?

Have I stopped speaking to anyone? Do I encourage others to do bad things?

Do I try to love all people, born and unborn?

### **VI. You shall not commit adultery.**

Do I treat my body and other people's bodies with purity and respect?

Do I look at television shows, movies, or pictures that are bad?

Am I modest in my speech and the clothes I wear?

### **VII. You shall not steal.**

Have I taken things that were not mine from a store or another person?

Have I destroyed or misused another person's property for fun?

Do I return things that I borrow? In good condition?

### **VIII. You shall not commit false witness against your neighbor.**

Am I honest in my school work?

Do I tell lies to make myself look good? Do I tell lies that make another person look bad or get them in trouble?

Do I tell lies to protect myself from punishment?

### **IX. You shall not covet your neighbor's wife.**

Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?

Do I get mad when I have to share my friends?

Are there kids I will not play with or be mean to because they look different?

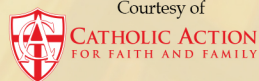
### **X. You shall not covet your neighbor's goods.**

Am I jealous or envious of the things or abilities that others have?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends and poor people?

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## EXAMINATION OF CONSCIENCE

In the Sacrament of Penance the Faithful who confess their sins to a Priest, are sorry for those sins and have a purpose of amendment, receive from God, through the absolution given by that Priest, forgiveness of sins they have committed after Baptism, and at the same time they are reconciled with the Church, which by sinning they wounded. (Canon 959)

Act of Contrition: O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and fear the pains of hell, but most of all, because they offend Thee, my God, who art all good and worthy of all my love. I firmly intend with the help of Thy grace to confess my sins, to do penance and to amend my life. **AMEN.**

## EXAMINATION OF CONSCIENCE

### **I. "I am the Lord, thy God, thou shalt not have strange gods before Me."**

Have I sinned against Religion by seriously believing in New Age, Scientology, Astrology, Horoscopes, Fortune-telling, Superstition or engaging in the Occult? Did I endanger my Catholic Faith or cause scandal by associating with anti-Catholic groups and associations (e.g., the Freemasons)? Have fame, fortune, money, career, pleasure, etc. replaced God as my highest priority? Have I neglected my daily prayers?

### **II. "Thou shalt not take the name of the Lord thy God in vain."**

Have I committed blasphemy by using the name of God and Jesus Christ to swear rather than to praise? Have I committed sacrilege by showing disrespect to holy objects (crucifix, rosary) or contempt for religious persons (bishop, priests, deacons, women religious) or for sacred places (in Church). Have I committed sacrilege by going to Holy Communion in the state of mortal sin without first going to confession e.g., after missing Mass on Sunday or a Holyday? Did I violate the one-hour fast before Communion? Did I break the laws of fast and abstinence during Lent? Did I neglect my Easter duty to receive Holy Communion at least once? Have I neglected to support the Church and the poor by sharing my time, talent and treasure?

### **III. Remember to keep holy the Sabbath day.**

Did I miss Mass on any Sunday or Holyday of Obligation? (Bad weather and being sick do not count) Have I shown disrespect by leaving Mass early, not paying attention or not joining in the prayers? Did I do unnecessary work on Sunday which could have been done the day before? Have I been stingy in my support for the Church? Do I give of my time and talent?

### **IV. Honor thy Father and Mother.**

Parents: Have I set a bad example for my children by casually missing Mass, neglecting prayer, or ignore my responsibility to provide a Catholic education by either sending my children to parochial school or to C.C.D. (Religious Education Program)? Do I show little or no interest in my children's faith and practice of it? Have I showed disrespect for those in authority, government or church? Have I not expressed my moral values to them?

Children: Have I been disobedient and/or disrespectful to my parents or guardians? Did I neglect to help them with household chores? Have I caused them unnecessary worry and anxiety by my attitude, behavior, moods, etc.?

### **V. Thou shalt not kill.**

Did I consent, recommend, advise, approve, support or have an abortion? Did I realize that there is an excommunication for anyone who procures an abortion? Did I actively or passively cooperate with an act of euthanasia whereby ordinary means were stopped or means taken to directly end the life of an elderly or sick person? Have I committed an act of violence or abuse (physical, sexual, emotional or verbal)? Have I endangered the lives of others by reckless driving or by driving under the influence of drugs or alcohol? Do I point out others' faults and mistakes while ignoring my own? Do I complain more than I compliment? Am I ungrateful for what other people do for me? Do I tear people down rather than encourage them? Am I prejudiced against people because of their color, language or ethnic-religious background?

of others by reckless driving or by driving under the influence of drugs or alcohol? Do I show contempt for my body by neglecting to take care of my own health? Have I been mean or unjust to anyone? Have I held a grudge or sought revenge against someone who wronged me? Do I point out others' faults and mistakes while ignoring my own? Do I complain more than I compliment? Am I ungrateful for what other people do for me? Do I tear people down rather than encourage them? Am I prejudiced against people because of their color, language or ethnic-religious background?

**VI. Thou shalt not commit adultery.**

**IX. Thou shalt not covet thy neighbor's wife.**

Did I have any sex before or outside of marriage? Do I view pornographic material (magazines, videos, internet, hot-lines)? Have I gone to massage parlors or adult book stores? Did I commit the sins of masturbation and/or artificial contraception? Have I not avoided the occasions of sin (persons or places) which would tempt me to be unfaithful to my spouse or to my own chastity? Do I encourage and entertain impure thoughts and desires? Do I tell or listen to dirty jokes? Have I committed fornication or adultery?

**VII. Thou shalt not steal.**

**X. Thou shalt not covet thy neighbor's goods.**

Have I stolen any object, committed any shoplifting or cheated anyone of their money? Did I knowingly deceive someone in business or commit fraud? Have I shown disrespect or even contempt for other people's property? Have I done any acts of vandalism? Am I greedy or envious of another's goods? Do I let financial and material concerns or the desire for comfort override my duty to God, to Church, to my family or my own spiritual well-being?

**VIII. Thou shalt not bear false witness against thy neighbor.**

Have I told a lie in order to deceive someone? Have I told the truth with the purpose and intention of ruining someone's reputation (sin of detraction)? Have I told a lie or spread rumors which may ruin someone's reputation (sin of calumny or slander)? Did I commit perjury by false swearing an oath on the Bible? Am I a busybody or do I love to spread gossip and secrets about others? Do I love to hear bad news about my enemies?

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EXAMINATION OF CONSCIENCE FOR MARRIED PERSONS

**Responsibilities to God:**

Have I gone to Mass every Sunday? Have I participated at Mass or have I day dreamed or been present with a blank mind? Have I prayed every day (15-20 minutes)? Have I read the Bible? Have I studied the truths of our faith and allowed them to become more part of the way I think and act? Have I read any spiritual books or religious literature? Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God? Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life, to be a proper husband/wife and parent? Have I been financially generous to the Church? Have I participated in parish or religious activities? Have I held resentments toward the Church or Church authorities? Have I forgiven them?

**Responsibilities to My Spouse:**

Have I cared for my spouse? Have I been generous with my time? Have I been affectionate and loving? Have I told my spouse that I love him or her? Have I been concerned about the spiritual well-being of my spouse? Have I listened to my spouse? Have I paid attention to his other concerns, worries, and problems? Have I sought these out? Have I allowed resentments and bitterness toward my spouse to take root in my mind? Have I nurtured these? Have I forgiven my spouse for the wrongs he or she has committed against me? Have I allowed misunderstanding, miscommunication or accidents to cause anger and mistrust? Have I nurtured critical and negative thoughts about my spouse? Have I manipulated my spouse in order to get my own way? Have I tried to bully or overpower my spouse? Have I spoken sharply or sarcastically to my spouse? Have I spoken in a demeaning or negative way?

Have I injured my spouse through taunting and negative teasing? Have I called my spouse harsh names or used language that is not respectful?

Have I physically abused my spouse?

Have I gossiped about my spouse?

Have I undermined the authority and dignity of my spouse through disrespect and rebelliousness?

Have I been moody and sullen?

Have I bickered with my spouse out of stubbornness and selfishness?

Have I lied or been deceitful to my spouse?

Have I misused sexuality? Have I used sexual relations solely for my own selfish pleasure? Have I been too demanding in my desire for sexual fulfillment? Have I been loving and physically affectionate in my sexual relations or have I used sexual relations in a way that would be demeaning or disrespectful to my spouse? Have I refused sexual relations out of laziness, revenge or manipulation?

Have I refused to conceive children out of selfishness or material greed? Have I used artificial means of contraception?

Have I had an abortion or encouraged others to have one?

Have I masturbated?

Have I flirted or fostered improper relationships with someone else, either in my mind or through words and actions?

Have I used pornography: books, magazines, internet or movies?

Have I committed adultery?

Have I misused alcohol or drugs?

Have I been financially responsible?

**Responsibilities to Children:**

Have I cared for the spiritual needs of my children? Have I been a shepherd and guardian as God has appointed me? Have I tried to foster a Christian family where Jesus is Lord? Have I taught my children the Gospel and the commandments of God?

Have I prayed with them?

Have I been persistent and courageous in my training and teaching? Have I disciplined them when necessary? Have I been lazy and apathetic?

Have I talked with them to find out their problems, concerns and fears? Have I been affectionate toward them? Have I hugged them and told them that I love them? Have I played or recreated with them?

Have I been impatient and frustrated with them? Have I corrected them out of love in order to teach them what is right and good? Have I treated them with respect? Have I spoken to them in a sarcastic or demeaning way?

Have I held resentments against them? Have I forgiven them?

Have I been of one heart and mind with my spouse in the upbringing of the children? Or have I allowed disagreements and dissension to disrupt the training, educating and disciplining of our children?

Have I undermined the role of authority in the eyes of my children by speaking negatively against God, the Church, my spouse or others who hold legitimate authority over them?

Have I been a good Christian witness to my children in what I say and do? Or do I demand one standard for them and another for myself?

Have I been properly generous with my children regarding money and physical and material well-being? Have I been miserly?

Have I been extravagant, thus spoiling them?

**Responsibilities to Society:**

Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?

Have I held resentments and anger against those with whom I work, relatives or friends? Have I forgiven them?

Have I been unethical in my business dealings? Have I stolen or lied?

Have I allowed the Gospel to influence my political and social opinions?

Have I had a proper Christian concern for the poor and needy?

Have I paid my taxes?

Have I fostered or nurtured hatred toward my "political" enemies, either local, national or international?

Have I been prejudiced toward others because of race, color, religion or social status?

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