

## 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? 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?

*Honor 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 criticize 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 neighbor.*

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

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

Have I honored my spouse with my full affection and exclusive love?

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

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

## Act of Contrition

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good,

I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more,

and to avoid whatever leads me to sin.

Our Savior Jesus Christ suffered and died for us.

In his name, my God, have mercy.

