EXAMINATION OF CONSCIENCE

You Shall Have No Other Gods Before Me

I have formed you from the dust. I knew you before you were born. I am your creator. I am your God. I love you. Do not allow things of this world to take my place in your life. I have glorious plans for your life.
(Genesis 2:7; Jeremiah 1:5, 29:11)

- Do I love God above all other things in my life?
- Do I put material possessions, friendships, popularity, or money before God in my life?
- Do I make prayer a priority in my life so I can strengthen my relationship with God?
- Have I been involved in fortune-telling or gambling?

You Shall Not Take the Lord God's Name in Vain

Your words matter. What you say matters. Use your words wisely and speak of things that are true, good, and beautiful. My name is holy and sacred. Do not use it as a bad word, do not use it out of frustration or anger, and do not mix it with bad language or intentions. The name of the Blessed Mother is special, do not misuse her name. Names are a part of who you are; they are a part of your identity and should always be spoken with respect.
(Exodus 20:7; Proverbs 18:21; Luke 1:41-44; CCC 2157; The Divine Praises)

- Have I ever used God's name as a curse or bad word?
- Have I ever sworn using God's name?
- Have I ever lied after promising in God's name that I was telling the truth?

Keep the Sabbath Day Holy

I created the whole world in six days, and on the seventh day, I rested and made that day holy. I ask you to rest on Sunday and remember me and all that I have done for you. I do not ask this for my sake but for yours. It is important for you to rest and set aside time to worship me because that is what you were created for.
(Genesis 2:2-3; Isaiah 43:21; CCC 293-294, 2639)

- Have I deliberately missed Mass on Sunday?
- Do I rest on Sundays or are they just as busy as every other day of the week?
- Have I deliberately missed a holy day of obligation?

Honor Your Father and Your Mother

Every human person is born into a family, born of a father and a mother. The family is important, and I have given your parents a special task to raise and educate you, lead and guide you. You must respect and honor your parents because I have destined you to be their child for a reason. Even I was obedient to Mary and Joseph and learned from them. Show your parents the respect and love that they deserve.
(Matthew 19:19; Luke 2:51; Ephesians 6:1-2; CCC 2214-2218)

- Do I disobey my parents?
- Do I say mean and hurtful things to them?
- Do I respect other authority figures in my life, like teachers or other adults?

You Shall Not Kill or Commit Adultery

Every single human life I create is irreplaceable, unique, and special. Every human deserves great respect; you deserve to be respected and to respect yourselves. Life is precious. Please protect it and take care of it — especially those who are the most in danger. Your life is of great value. Take care of yourself, and take care of the magnificent body I have given to you. Do not treat your life or the lives of others as something that can just be thrown away or disregarded.
(Deuteronomy 5:17; Psalm 139: 13-14; Matthew 5:21; 1 Corinthians 6:20; Romans 13:9; 2 Peter 2:17)

- Am I respectful toward my body and the bodies of others?
- Am I harming others by advising them to do things that are hurtful to their bodies or their souls?
- Do I stand up for the right to life?
- Have I ever hurt someone's reputation by spreading lies or gossip?

You Shall Not Steal or Covet Your Neighbor's Relationships or Things

I have given you so much. I have blessed your life in many ways. You may feel like you do not have enough or that I have given others more than you, and it is unfair. But remember that I have a perfect plan for you and have given you the capability to work and create a beautiful life. Do not take what is not yours, do not take what you have not worked for. I will not forget you. I will not fail to provide for you. Trust in me.
(Proverbs 3:5-6; John 10:10; 1 Corinthians 13:4; Philippians 4:19; 1 Timothy 6:10)

- Am I jealous of the things or relationships that others have?
- Do I take things from others that are not mine?
- Do I share the many things I have been given with those who are in need?
- Do I compare myself to others and wish my life was different?
- Do I suffer from the fear of missing out on what other people are doing?

You Shall Not Lie

I knew from the beginning that it was not good for people to be alone. I have created you to live in friendship and community with each other, and glorious things can come from good friendships. Never forget that every person you encounter in your life is created in my image and likeness, and they should be treated with respect and love. Do not tell stories about someone that are not true, do not spread gossip, and do not break one another down.
(Genesis 2:18; Leviticus 19:11; Proverbs 12:22; John 15:12)

- Do I lie or tell lies about others?
- Do I spread gossip about other people?
- Do I act differently around different people just to be accepted?

Going to Reconciliation:

1. Make the Sign of the Cross.
2. Say, "Bless me, Father, for I have sinned." and then tell the priest how long it has been since your last confession.
3. State your sins.
4. Listen to the penance and advice from the priest.
5. Pray an Act of Contrition. (below)
6. Listen to the words of absolution spoken by the priest and make the Sign of the Cross.
7. Thank the priest and leave the confessional.
8. Do your penance.

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. Amen.