

EXAMINATION OF CONSCIENCE

Based on 10 commandments exam for young adults by
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1. RELATIONSHIPS-

- ◆ Do I put anything before God? ◆ Family, friends, boyfriend, girlfriend, career, sports, my looks, my health, my future, studies, money, music, the opinion others have of me? ◆ Being accepted by the crowd?
- ◆ Do I make a strange god out of drugs, alcohol, sex? TV, video games, the computer, email, the telephone?
- ◆ What areas of my life are lacking in trusting God?
- ◆ Do I doubt God's power to love and forgive me?
- ◆ Do I pray every day- read the Bible, pray the rosary, make visits to the Blessed Sacrament? ◆ Do I try to keep God first in my life? ◆ Do I doubt God's existence?

2. MOUTH-

- ◆ Do I say "Oh God!" and not finish the sentence? (I could finish the sentence, like, "Oh God, please help me be more patient!") ◆ Do I curse and use foul language? ◆ Have I offended God's name by disrespecting the name and reputation of some of His children? ◆ Do I talk one way in front of one group of people and another way with another group of people?
- ◆ Do I speak highly of God to my family and friends, or am I embarrassed and afraid to talk about Him?
- ◆ Do I curse others?

3. WORSHIP-

- ◆ Do I go to Church every Sunday? (not *most* Sundays) You have to go to mass every Sunday. It is a serious sin not to go and needs to be confessed. ◆ Do I make Sunday, the Lord's day, a special day? ◆ Have I missed Mass on any Holy Days of Obligation? ◆ Do I know when they are? ◆ Do I prepare for the Lord's day with monthly confessions? ◆ Do I make time to read over and pray the readings before or after mass? ◆ Do I do anything special or extra on Sunday to make it the Lord's day, not mine? ◆ What do I *really* worship?

4. PARENTS-

- ◆ Do I honor and respect my parents, even if I don't always get along with them? ◆ Even if I don't like them, do I still respect and honor them- even if it's "only" for the gift of life that God gave to me through them? ◆ How about the other members of my family, my community, my parish and my friends? ◆ If my parents are divorced, have I sinned due to uncontrollable anger or frustration? ◆ Have I been so attached to my parents that I put them before God? ◆ Do I respect the elderly?

5. ANGER-

- ◆ Does anger have a grip on me? Why? ◆ Do I have violent thoughts toward others or myself? ◆ Do I watch and enjoy violent movies and or video games? ◆ Have I ever physically hurt or attempted to hurt someone? ◆ Have I ever thought of killing anybody? ◆ Have I ever thought about or attempted to take my own life? ◆ Did I ever have an abortion or help someone else have an abortion? ◆ Do I speak up for God's life and God's plan, or do I keep a deadly, cowardly silence in the presence of certain people? ◆ Do I have any hate in my heart?
- ◆ Have I corrected someone without kindness and compassion? ◆ Have I done violence to my body by using drugs, alcohol, eating too much food or the wrong food, reckless driving, or taking foolish and dangerous risks?

6. SEX-

- ◆ Have I entertained impure thoughts without praying for help? ◆ Have I acted on those thoughts with myself (that is, masturbation) ◆ Am I sexually active in any kind of way, outside the sacrament of marriage? ◆ Do I engage in pre-marital sex, fornication? ◆ Do I look at pornography? (magazines, videos, internet, etc.) ◆ Do I engage in lustful looks and thoughts? ◆ Do I engage in passionate kissing and sinful touching of private parts? ◆ Do I love myself in a selfish way? ◆ Have I been lazy with my prayers and reading the Bible? ◆ Do I have respect for the same and opposite sex?
- ◆ Have I been immodest in my dress and choice of entertainment? ◆ Have I been respectful of people who struggle with homosexual feelings and are trying to live a chaste life? ◆ Am I obsessed with my body and not my soul?

7. STEALING-

- ◆ Have I taken anything that is not mine? ◆ Have I cheated at school? ◆ Have I stolen from work, including time? ◆ Am I honest with my responsibilities? ◆ Am I generous in sharing with others- my time, talents and possessions? ◆ Have I stolen time from God due to spiritual laziness? ◆ Do I accept that all I have is a gift from God? ◆ Am I grateful?

8. LYING-

- ◆ Do I lie? If so, how often? ◆ Do I think that "small" lies are ok? ◆ Do I confess all the lies- big and small? Do I lie out of convenience? ◆ Am I afraid to tell the truth? ◆ Do I distort the truth to put others down or build myself up? ◆ Do I judge others before getting to know them? ◆ Do I give others the benefit of the doubt? ◆ Do I gossip and talk about others behind their back? ◆ Have I been deceitful or double? ◆ Are there things in my life that I am hiding from others?

9. ENVY-

- ◆ Am I jealous of others gifts or talents? Relationships? ◆ Am I envious of someone's body, looks, gifts, talents, etc? ◆ Do I appreciate and take care of myself? ◆ Am I grateful for the person God made me? ◆ Do I hate my body and myself? ◆ Do I let my imagination run wild in a sinful way? ◆ Do I believe God is calling me to holiness? ◆ Do I understand the gift God has given me through my Baptism?

10. GREED-

- ◆ Do I dwell too much on material possessions? ◆ Do I value things over people? Spiritual over material? ◆ Do I think money will bring me happiness? ◆ Am I envious of others and what they have? ◆ Am I content with what I have? ◆ Do I share generously with others? ◆ Do I desire to go to heaven and see that as my true treasure?