

**AN AID TO YOUR EXAMINATION
OF CONSCIENCE #1**

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

Do I seek to love God with all my heart and with all my soul and with all my strength (Dt 6:5)?

Do I put anything or anyone above God?

Do I pray daily?

Have I received Holy Communion in the state of mortal sin?

Have I abused the Sacrament of Penance by lying to the priest or deliberately not confessing a mortal sin?

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

Have I used God's holy name irreverently?

Have I blasphemed God, the Church, Mary, the saints, or sacred places or things?

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

Do I try to keep Sunday as a day of prayer, rest, and relaxation?

Have I deliberately missed Mass without a good reason?

4. Honour your father and your mother.

Do I treat people with love and respect?

Have I neglected family duties?

Do I honour and obey my lawful superiors?

5. You shall not kill.

Have I deliberately harmed anyone?

Have I abused drugs or alcohol?

Have I led anyone to sin through bad example or through direct encouragement?

6. You shall not commit adultery.

Am I faithful to my spouse?

Have I used impure language or told impure jokes?

7. You shall not steal.

Have I stolen or accepted stolen goods?

Have I cheated anyone of what I owe?

Do I share what I have with the poor and the Church according to my means?

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

Have I lied? Have I sworn falsely?

Have I gossiped?

Have I ruined the good name of others by spreading lies or maliciously revealing their faults and sins?

9. You shall not desire your neighbour's wife.

Have I deliberately and consciously permitted sexual thoughts about anyone besides my spouse?

Have I watched shows, plays, pictures or movies that contain impure scenes with the deliberate intention of being aroused by them?

10. You shall not desire your neighbour's goods.

Am I envious of the possessions, abilities, talents, beauty, or success of others?

You shall love your neighbour as yourself.

Is there anyone whom I do not love or refuse to love?

Have I wished harm or misfortune on anyone?

Do I seek to help others in need?

Source:

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