**EXAMINATION OF CONSCIENCE From: "Brother, save you " by very Rev. James Alberione, S.S.P, S.T.D.**

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

* • Do I give God time every day in prayer?
* • Do I seek to love Him with my whole heart?
* • Have I been involved with superstitious practices or have I been involved with the occult?
* • Do I seek to surrender myself to God's Word as taught by the Church?
* • Have I ever received Communion in a state of mortal sin?
* • Have I ever deliberately told a lie in confession or have I withheld a mortal sin from the priest in confession?

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

* • Have I used God's name in vain: lightly or carelessly?
* • Have I been angry with God?
* • Have I wished evil upon another person?
* • Have I insulted a sacred person or abused a sacred object?

**[3] Remember to keep holy the Lord's Day.**

* • Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
* • Have I tried to observe Sunday as a family day and a day of rest?
* • Do I do needless work on Sunday?

**[4] Honor your Father and your Mother.**

* • Do I honor and obey my parents?
* • Have I neglected my duties to my spouse and children?
* • Have I given my family good religious example?
* • Do I try to bring peace into my home life?
* • Do I care for my aged and infirm relatives?

**[5] You shall not kill.**

* • Have I had an abortion or encouraged anyone to have an abortion?
* • Have I physically harmed anyone?
* • Have I abused alcohol or drugs?
* • Did I give scandal to anyone, thereby leading them into sin?
* • Have I been angry or resentful?
* • Have I harbored hatred in my heart?
* • Have I mutilated myself through any form of sterilization?
* • Have I encouraged or condoned sterilization?

**[6] You shall not commit adultery.**

* • Have I been faithful to my marriage vows in thought and action?
* • Have I engaged in any sexual activity outside of marriage?
* • Have I used any method of contraception or artificial birth control in my marriage?
* • Has each sexual act in my marriage been open to the transmission of new life?
* • Have I been guilty of masturbation?
* • Have I sought to control my thoughts?
* • Have I respected all members of the opposite sex, or have I thought of other people as objects?
* • Have I been guilty of any homosexual activity?
* • Do I seek to be chaste in my thoughts, words and actions?
* • Am I careful to dress modestly?

**[7] You shall not steal.**

* • Have I stolen what is not mine?
* • Have I returned or made restitution for what I have stolen?
* • Do I waste time at work, school or at home?
* • Do I gamble excessively, thereby denying my family of their needs?
* • Do I pay my debts promptly?
* • Do I seek to share what I have with the poor?

**[8] You shall not bear false witness against your neighbor.**

* • Have I lied?
* • Have I gossiped?
* • Have I spoken behind someone else's back?
* • Am I sincere in my dealings with others?
* • Am I critical, negative or uncharitable in my thoughts of others?
* • Do I keep secret what should be kept confidential?

**[9] You shall not desire your neighbor's wife.**

* • Have I consented to impure thoughts?
* • Have I caused them by impure reading, movies, conversations or curiosity?
* • Do I seek to control my imagination?
* • Do I pray at once to banish impure thoughts and temptations?

**[10] You shall not desire your neighbor's goods.**

* • Am I jealous of what other people have?
* • Do I envy the families or possessions of others?
* • Am I greedy or selfish?
* • Are material possessions the purpose of my life?
* • Do I trust that God will care for all of my material and spiritual needs?