Examination of Conscience for Adults
Preparation for the Sacrament of Reconciliation

SJN Religious Formation
11/17/2020
THE TEN COMMANDMENTS

FIRST COMMANDMENT - *I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.*

*Have I...*
- Disavowed God?
- Disobeyed the commandments of the Lord or His Church?
- Refused to accept what has been divinely revealed as Truth through Sacred Scripture and Sacred Tradition?
- Deliberately confused or misled others through evasiveness, specious arguments, or lies regarding authentic doctrine or the faith?
- Have I refused to accept the authority of those (priests, bishops, the Pope) whom God has placed over me?
- Rejected the Catholic Faith to join to practice another religion?
- Given priority to anyone or anything over God?
- Hidden a serious sin or told a lie in confession?

SECOND COMMANDMENT - *You shall not take the name of the Lord your God in vain.*

*Have I...*
- Blasphemed the Name of God?
- Referred to the Catholic Faith, the Church, the Saints, or sacred things and practices irreverently?
- Watched TV shows and movies, listened to music, or participated in activities that did not give proper reverence to the Catholic Church and the Catholic Faith?
- Used vulgar and obscene speech?
- Disparaged and/or belittled other people in conversation?
- Blamed God for my shortcomings, my sins, and my failures?

THIRD COMMANDMENT - *Remember to keep holy the Sabbath day.*

*Have I...*
- Missed Mass on Sunday or Holy Days through my own negligence?
- Received a sacrament while in the state of mortal sin?
- Made a habit of arriving to Mass late and/or leaving early?
- Engaged in unnecessary business (personal or professional) on Sunday or other Holy Days of Obligation?
- Not given adequate time to God in personal prayer every day?
- Not taken my children to Mass or provided them with adequate religious instruction?
Ignored fasting and abstinence requirements

FOURTH COMMANDMENT - *Honor your father and your mother.*

*Have I...*
- Neglected the needs of my elderly parents?
- Been obedient and respectful to those who are in positions of authority over me?
- Broken any laws?
- Supported any politicians who are in opposition to teaching of the Catholic Church?
- Neglected the needs of my children regarding proper food, clothing, shelter, education, discipline?
- Made sure that my children regularly received the sacraments of Penance and Eucharist?
- Provided for the religious instruction of my children?
- Provided my children with a prudent instruction in Catholic teaching?
- Provided my children a fitting example of Catholic Living through the example of my own Life Witness?
- Taught my children how to pray?
- Prayed with and for my children?

FIFTH COMMANDMENT - *You shall not kill.*

*Have I...*
- Committed murder?
- Attempted suicide?
- Had an abortion, seriously considered securing an abortion, or assisted another in securing abortion?
- Supported or secured assisted suicide or mercy killing?
- Inflicted or threatened to inflict bodily harm on another person?
- Engaged in verbal or emotional abuse against another person?
- Succumbed to hatred or wished evil on another?
- Engaged in prejudice or unjust discrimination against another because of race, color, nationality, gender or religion?
- Driven under the influence of alcohol or engaged in aggressive and reckless driving?
- Abused drugs or alcohol?
- Enticed others to sin by giving scandal through my own actions or words (spoken, written, blogs, etc.)?
- Caused serious injury or death to another through criminal neglect?
- Indulged in serious anger, sought to exact revenge, and/or delighted in another person’s misfortune or pain?
- Been cruel to or willfully hurt another through my speech or actions?
- Been malicious in speech, defaming another’s character and reputation?
- Habored resentment against another person?
- Sought to do injury to another’s professional reputation?
 Been presumptuous, rendered unjust judgment, presuming to know all of the facts of another’s situation?

☐ Offered opinions on matters about which I did not have the facts or about which were not my business?

☐ Fomented an atmosphere of unrest, suspicion, rebellion, or anger through my words, spoken or written, and/or my actions?

**SIXTH COMMANDMENT** - *You shall not commit adultery*

*Have I...*

☐ Been faithful to my spouse in both thought and actions?

☐ Dressed modestly?

☐ Looked lustfully at anyone, used impure speech or led others to impure thoughts or behaviors by my own conduct?

☐ Made serious efforts to avoid any occasions of impurity?

☐ Been chaste in my affections?

**NINTH COMMANDMENT** - *You shall not covet your neighbor's wife.*

*Have I...*

☐ Practiced chastity?

☐ Succumbed to lust?

☐ Seduced someone, or allowed myself to be seduced?

☐ Made unwelcome sexual advances toward another?

☐ Entertained impure thoughts?

☐ Used pornography?

☐ Watched movies/television, listen to music or jokes that are immodest?

☐ Committed adultery or fornication?

☐ Engaged in homosexual activity?

☐ Committed rape?

☐ Masturbated?

☐ Used children for sexual pleasure or engaged in any other unnatural sexual behavior?

☐ Engaged in any form of prostitution?

☐ Failed to accept and practice Church Teaching regarding artificial birth control, immoral techniques for in vitro fertilization or artificial insemination, etc.?

**SEVENTH & TENTH COMMANDMENTS** - *You shall not steal. You shall not covet your neighbor's goods.*

*Have I...*

☐ Stolen anything?

☐ Envied others for their talents, possessions, etc.?
EXAMINATION OF CONSCIENCE FOR ADULTS

☐ Been detached from the attraction of material goods and seek to live in the spirit of simplicity?
☐ Been generous to others – especially those in need?
☐ Gratefully recognized God as the Source of all that I have and am.
☐ Been a good and faithful steward of God’s gifts to me?
☐ Deliberately defaced or destroyed another person’s property?
☐ Cheated on any tests, taxes, or in any business transactions or other financial obligations?
☐ Squandered my possessions or taken them for granted?
☐ Plagiarized or taken any type of reward, praise, or credit for anything was not mine?
☐ Ensured that my employees are paid a just living wage? / Given my employers a full day's work for a full day's pay?
☐ Paid my debts and honored my contracts?
☐ Overcharged anyone for services or products or taken advantage of another’s person ignorance in business matters?

EIGHTH COMMANDMENT - You shall not bear false witness against your neighbor.

Have I...
☐ Lied or knowingly and willfully deceived another?
☐ Participated in gossip?
☐ Done injury to another person’s reputation by exposing his/her faults for malicious purposes?
☐ Spread lies about another person for the purpose of harming his/her reputation?
☐ Written spurious remarks (letters, emails, blogs, websites, etc.) about another person in order to damage his/her reputation?
☐ Been guilty of making rash judgments against another person by assuming the worst based on circumstantial evidence.
☐ Taken the necessary steps to make just reparations for any lies I told, or for harm I have done to another person's reputation?

THE PRECEPTS OF THE CHURCH

First Precept of the Church - You shall attend Mass on Sundays and Holy Days of Obligation.
☐ (See examination under the Third Commandment)

Second Precept of the Church - You shall confess your sins at least once a year.

Have I...
☐ Made a good Confession of my mortal sins least once a year?
Purposely omitted telling my mortal sins in my last Confession?
Performed the penance I was given?
Made reparation for any harm I have done to others?

Third Precept of the Church - You shall humbly receive your Creator in Holy Communion at least during the Easter season.

Have I...
- Fulfilled my Easter duty to receive Holy Communion at least once between the First Sunday of Lent and Trinity Sunday?
- Received Holy Communion while in the state of mortal sin?
- Fasted an hour before receiving Holy Communion?
- Received Holy Communion more than twice in one day?

Fourth Precept of the Church - You shall keep holy the Holy days of Obligation.
(see examination under the Third Commandment)

Fifth Precept of the Church - You shall observe the prescribed days of fasting and abstinence.

Have I...
- Abstained from meat on Ash Wednesday and the Fridays of Lent (if I am 14 years of age or older)?
- Fasted on Ash Wednesday and Good Friday (if I am between the ages of 18 and 59)?
- Spent time in prayer, doing spiritual and corporal works of mercy, and practicing self-denial?

Sixth Precept of the Church - You shall contribute to the support of the Church.

Have I...
- Contributed a just amount of my time, talents and money to support my parish and the work of the Church?

Seventh Precept of the Church - You shall observe the laws of the Church concerning marriage.

Have I...
- Been living in a valid and licit marriage, according to the laws of the Catholic Church?
- Abandoned my spouse and family by separation or divorce?
- Kept company with someone whom I cannot marry in the Catholic Church?
- Given scandal by living with a member of the opposite sex without the benefit of a marriage blessed by the Catholic Church?
**INSTRUCTIONS FOR GOING TO CONFESSION**

- When you go into the confessional kneel or sit down by the priest. You begin by saying:
  
  “Bless me Father, for I have sinned. It has been... (tell how long)... since my last confession. These are my sins...”

- After you finish confessing your sins you say:
  
  “For these and all the sins of my past life I am truly sorry.”

- The priest will then tell you what to do for your penance and then give you absolution.

- At the conclusion of the prayer of absolution the priest will make the sign of the cross over you. While he does this you are to make the sign of the cross on yourself.

- The priest will then tell you to go in peace. Before leaving be sure to say “Thank you, Father.” You are then to go into the main body of the church and say your penance privately.

**THE 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