

AN EXAMINATION OF CONSCIENCE

The following, based on the Ten Commandments, may be helpful.

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the Lord your God in vain. Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the Lord's Day. Do I go to Mass every Sunday and on Holy Days of Obligation? Is my Sunday an expression of my Catholic faith?

Honour your father and your mother. Have I contributed to the well-being (physical, spiritual and psychological) of my family and community?

You shall not kill. Have I harmed another through physical, verbal, or emotional means, including cyber bullying, gossip or manipulation of any kind?

You shall not commit adultery. Have I respected the physical and sexual dignity of others and of myself? Have I violated my own, or another's marriage vows?

You shall not steal. Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbour. Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbour's spouse. Have I wilfully objectified another person as a means towards my own sexual gratification?

You shall not covet your neighbour's goods. Am I content with my own means and needs, or do I compare myself to others unnecessarily?