

Examination of Conscience

(To be read slowly and reflectively with a pause between each commandment)

RA As you hold your stone look at it, notice how it feels in your hand.

We ask today that our hearts may never be hearts of stone; that we may always remember that God is a God of compassion who says to each one of us “let’s talk this over”, and so we examine our lives in the light of the Ten Commandments. *(Pause)*

I am the Lord your God, you shall not have strange God’s before me.

RB Is God at the centre of my life? Have I treated people events or things as more important than God?

RA **You shall not take the name of the Lord your God in vain**

RB Is my language careless? Have my words put down God, the Church or other people?

RA **Remember to keep holy the Lord’s Day**

RB Do I go to Mass on Sundays and Holy Days of Obligation? Do I look for ways to spend time with family, or to relax on a Sunday?

RA **Honour your father and your mother.**

RB Do I show my parents respect? Do I try to have good communication with them? Do I criticize them when they don’t see things my way?

RA **You shall not kill.**

RB Have I harmed anyone through physical, verbal or emotional means, through gossip or social media. When I hurt others do I realise that I am killing something inside them?

RA **You shall not commit adultery.**

RB Have I respected the physical and sexual dignity of others and of myself?

RA **You shall not steal.**

RB Have I taken something belonging to another person? Have I added to the environmental damage of the earth to the cost of future generations?

RA **You shall not bear false witness against your neighbour.**

RB. Have I gossiped, told lies or embellished stories at the expense of another?

RA **You shall not covet your neighbour’s spouse.**

RB Have I disrespected or been jealous of the relationships between others?

RA **You shall not covet your neighbour’s goods.**

RB Am I content with all that I have, or do I compare myself to others and want the things they have when I don’t need them?