

## 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?