Brief Examination of Conscience Based on the Ten Commandments

Let this short list be your guide towards receiving the sacrament of Reconciliation. Check the box after you have done reflection on that section.

I   **I am the Lord your God: you shall not have strange gods before me.**
- Have I treated people, events, money, or things as more important than God?

II   **You shall not take the name of the Lord your God in vain.**
- Have my words, actively or passively, disrespected God, the Church, or other people?

III   **Remember to keep holy the Lord's Day.**
- Do I go to Mass every Sunday and on holy days of obligation (like during Easter Vigil; Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)?
- Do I actively work on Sunday while knowingly hindering worship to God, the leisure of the Lord's Day, & the proper relaxation of mind & body?
- Do I look for ways to spend time with family on Sunday?

IV   **Honor your father and your mother.**
- Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible?
- Do I express my opinions to them in a way that still maintains a deep sense of respect?

V   **You shall not kill.**
- Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?
- Have I thought ill of other people and execute them in subtle ways?

VI   **You shall not commit adultery.**
- Have I respected the physical and sexual dignity of others and of myself?

VII   **You shall not steal.**
- Have I taken or wasted time or resources that belonged to another?
- Have I not returned stolen goods to the rightful owner?

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

IX   **You shall not covet your neighbor's spouse.**
- Have I honored my spouse with my full affection and exclusive love?

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

NAME

GOD'S PARK