

## **Prayer BEFORE I examine my conscience**

Gracious and loving God, open my mind, my heart and my soul to be truly aware of and sorry for my sins. Grant me the grace to confess my sins, to be sorry for them and to have a firm commitment to make my life better by following the example of Your's Son life. **Amen.**

## **A Brief Examination of Conscience Based on the Ten Commandments**

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

Is my life directed toward loving and praising God? Do I pray? Do I worship God as an active member of a parish community? Have I treated people, events, or things as more important than God? Do I put my trust in horoscopes, fortunetellers, astrology or the occult more than the Lord Himself?

### **II. 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 other people? Has my language been constructive, positive and praiseworthy of the Lord?

### **III. Remember to keep holy the Lord's Day.**

Do I go to Mass every weekend? Do I also go to Mass on the Holy Days of Obligation? When possible, do I avoid working on Sundays that keeps me from worshipping God and enjoying the Lord's Day of rest (in both mind and body)? Do I look for ways to spend time with family or in service to my community?

### **IV. Honor your father and your mother.**

Do I show my parents respect? When possible, do I seek to maintain good communication with my parents? Do I criticize or tear them down intentionally?

### **V. You shall not kill.**

Have I intentionally taken the life of the innocent? Have I harmed anyone through physical, verbal or emotional abuse?

### **VI. You shall not commit adultery.**

Have I respected the physical and sexual dignity of my or others marriages, engagements or commitments? Do I respect my own sexual worth and identity?

### **VII. You shall not steal.**

Have I intentionally taken or wasted the time or resources that belonged to someone else?

### **VIII. You shall not bear false witness against your neighbor.**

Have I gossiped, lied or exaggerated stories at the expense of another's feelings, character or reputation?

**IX. You shall not covet your neighbor's spouse.**

Have I honored my spouse by being true to them with my love and affection (in word and deed) in sickness and in health until death do we part?

**X. You shall not covet your neighbor's goods.**

Am I happy with what I have in life or do I want what others have? Am I jealous of other's reputation or social/economic standing? Do I compare myself unfairly to others?

**Christ's Two Commandments**

The Disciples asked the Lord which was the greatest commandment in the Law and He responded: *"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." This is the great and a foremost commandment. The second is like it, "You shall love your neighbor as yourself." On these two commandments depend the whole Law and the Prophets.* (Matthew 22:37-40).

In order to understand what the meaning of love is, let us call to mind the famous words of Saint Paul in his First Letter to the Church living in Corinth: *"Love is patient, love is kind. It is not jealous, love is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails"* (1 Corinthians 13:4-8). Therefore, can you put your name before all of these adjectives? I am patient. I am kind? I am not jealous.....? If not, then we can see some areas in our lives that need some work and grace.