

RCIA HO Class 26 Examination OF Conscience (based on the 10 Commandments)

When did I make my last confession? Did I deliberately fail to mention my mortal sins at the time? Did I fulfill the penance? Since my last confession, have I received Holy Communion unworthily, i.e. aware that I have committed a mortal sin? How do I approach the sacrament of penance? What, if anything, has kept me away from the confessional? Am I resolved, with the help of God's grace, to try to lead a better Christian life, in a fuller spirit of friendship with Our Lord, through faith hope and charity?

1. "I am the Lord your God; you shall not have strange gods before me." Do I love God above all else? Have I been angry with God or lost my faith in him? Am I happy and secure in my identity as a Catholic, or do I try to mask that identity? Do I embrace all that the Church proposes for my belief in matters of both faith and morals? Do I strive to deepen my faith, or have I jeopardized that faith by carelessly exposing myself to anti-Catholic teaching or thinking? By the way I live, am I helping to proclaim the Gospel? Do I pray regularly with sincerity, devotion, and gratitude? In times of temptation do I seek Our Lord's help? Have I yielded to despair? Alternatively, have I presumed God's mercy in order that I may continue some particular sin?

2. "You shall not take the name of the Lord your God in vain."

Do I use the Lord's name with reverence or have I shown lack of respect for it in conversation or exclamations? Have I kept any promises made under oath? Have I given scandal (lead someone) into sin? Do I show respect for the Blessed Mother and the Saints?

3. "Keep holy the Sabbath day." Have I missed Mass on Sunday or holy days of obligation? Do I try to avoid unnecessary work on those days, in keeping with joy proper to the Lord's Day? Do I assist at Mass with devotion? Am I generous in the weekly collection? Do I observed the one hour fast before receiving Holy Communion? Do I perform some act of penance on Fridays?

4. "Honor your father and your mother." FOR PARENTS: Have I taken the necessary steps to ensure that my children receive a Christian education, as well as the sacraments appropriate to their age? Do I encourage them to learn and say their prayers? Do I set a good example for them? Do I show interest in the TV programs and movies they watch, the books and magazines they read, in the friends they make? Do I teach them to respect lawful authority and to responsibly use their freedom? Do I foster their love and trust? Do I abuse them in any sense or cause them to lose heart? Do I fail to correct them when necessary? FOR CHILDREN: Have I been disobedient to my parents? Do I show them respect and affection? Do I neglect either their material or spiritual needs? Do I fulfill my responsibilities at home? Have I fought with my brothers or sisters? Have I neglected my studies or cheated on exams or homework? Do I always follow school rules? **5. "You shall not kill."**

Have I physically injured anyone? Have I maintained hatred or anger against someone? Have I lost my temper or offended another with my words? Did I try to make amends, or on the other hand, have I refused an offer of reconciliation? Am I ever envious or jealous? Do I rejoice at another's misfortune? By word or example, was I an occasion of sin for another person? Have I driven recklessly or under the influence of alcohol? Have I neglected my health? Do I abuse drugs, alcohol, or food? Have I procured an abortion or counseled another to do so? **6. "You shall not commit adultery." 9. "You shall not covet your neighbor's wife."** Have I committed adultery or fornication vacation? Have I engaged in any type of impure act either alone [masturbation] or with someone else? Do I avoid occasions of sin against purity by exercising care in the company I keep, the books and magazines I read, the television programs and movies I watch? Do I deliberately engage in lustful thoughts? Do I use impure language? Do I practice the virtue of modesty in my attire? FOR MARRIED PEOPLE: Am I in a valid marriage? Have I been faithful to my spouse in desire, as well as in deed? Have I or my spouse made use of any method of artificial contraception, especially one that can function as an abortifacient (e.g. The pill or "the shot")? Did I encourage my spouse to be sterilized or did I undergo such a procedure? Have I informed myself of the church's teaching on responsible parenthood? Am I selfish with regard to not having children? Have I engaged in unchaste sexual acts with my spouse, i.e. completed sexual acts not open to the transmission of life? **7. "You shall not steal." 10. "You shall not covet your neighbor's goods."**

How about a stolen anything? Am I in possession of anything that I believe may have been stolen? Do I live beyond my means or fail to pay my debts? Do I pay my taxes? Have I engaged in any type of fraud or cheating? Am I envious of my neighbor's goods? Do I have an unhealthy attachment to material things? Have I damaged another's property? Do I give alms according to my means? Am I prepared to make sacrifices for the welfare of others? Do I give my employer an honest day's work? Do I pay my employees a fair wage? Am I honest in all of my business dealings? Do I use the gifts that God has given me in a responsible manner? Do I practice self-denial to get control of my passions or appetites?

8. "You shall not bear false witness against your neighbor."

Have I told lies to avoid embarrassment, enhance my image in the mind of others, or get out of a difficult situation? Have I taken away someone's good name by false accusation or by unnecessarily revealing their faults? Do I engage in rash judgment or gossip? Do I divulge secrets? Do I unjustly question the motives or intentions of others? Have I failed to defend someone who was innocent?

FINALLY: Do I love my neighbor as myself, or do I sometimes use people, look down on them, or treat them with contempt? Have I tried to alleviate the suffering of others? Do I live my life with the sense that this world is a preparation for the next? Am I a patient in bearing trials and disappointments out of love for Jesus' sacrifice for me on the cross?

RCIA HO Class 26 A Brief Examination of Conscience for Young People

1. Have I missed Mass on Sunday or Holy Days due to my own fault? Do I pray to God regularly?

2. Do I fast for one hour before receiving Holy Communion?

3. Have I used bad language, swear words, or curse words.

4. Have I used the name of Jesus and God in ways I should not have? Have I disobeyed my parents or teachers? _____

5. Have I talked back to them? _____

6. Have I been mean to my brothers and sisters? _____

7. Have I fought with anyone, or made fun of anyone? _____

8. Have I been angry with anyone or spoken badly of anyone to others? _____

9. Have I led anyone else into sin by encouraging them to do something wrong? _____

10. Have I watched anything I should not have in movies, on television, or on the internet? Have I listened to conversations I should not have? _____

11. Have I stolen anything? _____

12. Have I kept anything that does not belong to me? _____

13. Have I broken anything that belonged to someone else? _____

14. Have I lied? Have I cheated in school or in games? _____