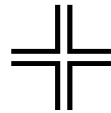


6. You shall not commit adultery.
- Have I been faithful to my marriage vows in thought and action?
  - Have I engaged in any sexual activity outside of marriage?
  - Have I used any method of contraception or artificial birth control in my marriage?
  - Has each sexual act in my marriage been open to the transmission of new life?
  - Have I been guilty of sexual self gratification?
  - Have I sought to control my thoughts?
  - Have I respected all members of the opposite sex, or have I thought of other people as objects?
  - Have I been guilty of any homosexual activity?
  - Do I seek to be chaste in my thoughts, words and actions?
  - Am I careful to dress modestly?
7. You shall not steal.
- Have I taken what is not mine?
  - Have I returned or made restitution for what I have stolen?
  - Do I waste time at work, school, or at home?
  - Do I gamble excessively, thereby denying my family of their needs?
  - Do I pay my debts promptly?
  - Do I seek to share what I have with the poor?
8. You shall not bear false witness against your neighbor.
- Have I lied?
  - Have I gossiped?
  - Have I spoken behind someone else's back?
  - Am I sincere in my dealings with others?
  - Am I critical, negative, or uncharitable in my thoughts of others?
  - Do I keep secret what should be kept confidential?

9. You shall not desire your neighbor's wife.
- Have I consented to impure thoughts?
  - Have I caused impure thoughts by impure reading, movies, conversation, or curiosity?
  - Do I seek to control my imagination?
  - Do I pray at once to banish impure thoughts and temptations?
- 10 You shall not desire your neighbor's goods.
- Am I jealous of what other people have?
  - Do I envy the families or possessions of others?
  - Am I greedy or selfish?
  - Are material possessions the purpose of my life?
  - Do I trust that God will care for all my material and spiritual needs?



## *Act of Contrition*

Lord Jesus,  
 you opened the eyes of the blind,  
 healed the sick,  
 forgave the sinful woman,  
 and after Peter's denial  
 confirmed him in your love.  
 Listen to my prayer:  
 forgive all my sins,  
 renew your love in my heart,  
 help me to live in perfect unity  
 with my fellow Christians  
 that I may proclaim your saving power  
 to all the world.

## *Our Lady of Guadalupe* *Macedonia, OH*



## *An Examination of Conscience*

In regard to myself, my life, my energies—

- Have I used the energies and talents God gave me to their fullest?
- Have I been too proud to admit I was wrong and ask for forgiveness of:
  - my spouse?
  - a friend?
  - a parent?
  - an employee or employer?
- Do I realize I am not perfect or always right?
- Have I been self-satisfied and unwilling to change or improve my habits?
- Have I tried to be *important* in front of my family and friends?
- Have I let greed and misery make me want so many useless things?

In regard to my relationship with others—

- Have I lived in such a way that others are drawn to Christ by my example?
- Have I extended to others both acceptance and constructive criticism?
- Do I have the ability to tolerate imperfections and quirks of others?
- Am I spiteful or do I seek revenge when I am offended by another?
- Have I refused to make peace with another?

In regard to my relationship with society—

- Do I tolerate or do I actively seek and work for a change for the better?
- When I am with others, do I use it as an opportunity to show forth that I believe in the Gospel?
- Do I speak out and act in support of those who are victims of prejudice?
- Have I driven under the influence of alcohol or drugs?

In regard to my relationship with God and his call to me in community—

- Do I recognize my need for, and dependency upon, God?
- Am I honest in my prayer to God?
- Do I realize my own capacity for sin?
- Do I seek to answer the Christian call to worship in community through Mass and the Sacraments?
- Do I let God be God for me or do I seek to manipulate God through my prayers?
- Do I turn to God only in need?

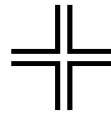
Have I been faithful to my vocation?

- Single Life—
  - Have I remained faithful to:
    - God
    - Self
    - Others
  - Am I fostering my spiritual life daily?
  - Is chastity a virtue I actively pursue? Do I refrain from sexual self-gratification?
  - If in a relationship, do I abstain from sexual activity as a means of respecting God's will and proving to myself and my friend/fiancé that:
    - not only can I be faithful to my chastity before marriage, but;
    - the strength which enables me to say *NO* now will be the same strength that will enable me to say *NO* to another once we're married?

- Married Life—
  - Fidelity to ones spouse is a four-fold obligation:
    - Spiritual fidelity
    - Emotional fidelity
    - Psychological fidelity
    - Sexual fidelity.
  - Do I pray regularly with my spouse {in addition to Sunday Mass}?
  - Do I share with friends or peers frustrations which should rightly be shared first/only with my spouse?
  - Am I attentive to my spouse in conversations and discussions, or do I patronize?
  - Have I been with another person in a way I should only be with my spouse?

In regard to my family—

- Do I make choices in favor of myself instead of considering the needs of others?
- Have I been willing to help heal wounds?
- Have I acted in bitterness?
- Have I refused to forgive and forget?



## *Reflections on the Commandments*

1. I am the Lord your God. You shall not have strange gods before me.
  - Do I give God time every day in prayer?
  - Do I seek to love Him with my whole heart?
  - Have I been involved with superstitious practices or have I been involved with the occult?
  - Do I seek to surrender myself to God's Word as taught by the Church?
  - Have I received Communion in the state of mortal sin?
  - Have I deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?



2. You shall not take the name of the Lord your God in vain.
  - Have I used God's name in vain: lightly or carelessly?
  - Have I been angry with God?
  - Have I wished evil upon any other person?
3. Remember to keep holy the Lord's Day.
  - Have I deliberately missed Mass on Sunday or Holy Days of Obligation (except when sick)?
  - Have I tried to observe Sunday as a family day and a day of rest?
  - Do I do needless work on Sunday?
4. Honor your father and your mother.
  - Do I honor and obey my parents?
  - Have I neglected my duties to my spouse and children?
  - Have I given my family good religious example?
  - Do I try to bring peace into my home life?
  - Do I care for/visit my aged and infirm relatives?
5. You shall not kill.
  - Have I had an abortion or encouraged anyone to have an abortion?
  - Have I physically harmed anyone?
  - Have I abused alcohol or drugs?
  - Did I give scandal to anyone, thereby leading them into sin?
  - Have I been angry or resentful?
  - Have I harbored hatred in my heart?
  - Have I mutilated myself through any form of sterilization?
  - Have I encouraged or condoned sterilization?