



EXAMINATION OF CONSCIENCE FOR ADULTS

The First Commandment: I am the Lord your God; you shall not have strange gods before me.

Do we truly love God above all, or do we sometimes give greater importance to things of this world: money, image, looks, clothes, popularity or selfish desires?

Do we claim to have good values, but often bend or abandon them in order to fit in and be "part of the group?"

Do we turn to God in thankful prayer, or do we pray mostly when we want something?

Do we really want to be transformed by the will of God, or do we just use our religion in order to "look" like good Christian people?

The Second Commandment: You shall not take the name of the Lord in vain.

Do we show disrespect for God's name by misusing it out of frustration or anger or to look "tough" to others?

Do we hesitate to mention God's name in appropriate situations, in conversations with friends and family members?

Do we continue to learn about God by paying attention in church, and by participating in adult faith formation classes – scripture studies and classes on Catholic Teaching?

The Third Commandment: Remember to keep holy the Lord's day.

Do we come to church to celebrate the Eucharist on Sundays and Holy Days? Do we attend Mass only when it is convenient or when it will make us "feel good?"

Do we participate in the Eucharist by praying and singing, or do we simply sit as spectators and wait to be entertained?

Do we pay close attention to the Word of God and open ourselves to God's call to allow his word to take effect in our lives?

Do we acknowledge the "true presence" of Christ in the Eucharist and receive Holy Communion with respect and reverence?

The Fourth Commandment: Honor your father and mother.

Do we help bring peace and happiness to our families, or are we disrespectful of others and a source of hurt and division for those who are closest to us?

Are we willing to say "no" to our children, or are we more likely to ignore problem behavior and hope it will "go away."

As parents, are we generous and patient with our children? Do we spend time with them and give them the attention they need? Do we set responsible limits for them and make sure they follow rules that will help them grow to be responsible adults?

The Fifth Commandment: You shall not kill.

Have we injured another person through carelessness or fighting?

Have we placed ourselves in danger because of the reckless use of alcohol or other drugs? Have we caused difficulties for others because of their use?

Have we risked our lives by driving or riding with someone who is under the influence of alcohol?

Do we strive to forgive those who have hurt us or do we hold on to resentment and desire for revenge?

Have we been violent or abusive either in action or in speech? Have we been verbally abusive to our children and other family members?

Do we use the power of influence well, especially our voting rights, in order to fight war, oppression, injustice, poverty and abortion, or do we allow those evils to continue due to our apathy and our silence?

Do we share what we have with those in need?

The Sixth Commandment: You shall not commit adultery.

Do we respect the dignity of the human body and the holiness of marriage? Do we show respect in our speech, or are crude language and jokes often part of our conversations?

Have we dishonored our bodies by impurity or unworthy conversation or thoughts leading to impure actions?

Have we been faithful to our marriage, priestly or religious vows? Do we keep our commitments simply because we said we would, or do we seek to nourish ourselves and others through our lifetime commitments?

The Seventh Commandment: You shall not steal.

Do we respect the property of other people? Have we stolen, damaged or vandalized the property of others?

Have we cheated at work or at school? Have we encouraged others to sin by pressuring them into helping us cheat?

Are we honest and hardworking in school and at work?

Are we faithful to our promises? Can we be trusted?

The Eighth Commandment: You shall not bear false witness against your neighbor.

Have we lied to stay out of trouble or to avoid a difficult situation?

Do we gossip about others? Have we damaged the reputation of another person by exaggeration or making up stories about them?

Can we be trusted with a secret?

Do we stand up for those who have been unjustly accused, or are we merely a channel through which rumors pass, whether or not they are true?

The Ninth Commandment: You shall not covet your neighbor's wife.

Have we weakened or damaged our marriage commitment through our obsession with another person?

Do we respect the commitments of others and help them remain faithful to their promises?

The Tenth Commandment: You shall not covet your neighbor's goods.

Are we satisfied with what God has given us, or are we jealous of those who seem to have more?

Do we try to prove we are better than others by bragging or buying more things?

Do we appreciate our good qualities, or do we constantly compare ourselves with others and become resentful and bitter?

Do we set our hearts on earthly possessions or on the treasures of heaven?