

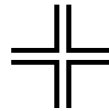
6. You shall not commit adultery.
 - Have I been faithful to my marriage vows in thought and action?
 - Have I engaged in any sexual activity outside of marriage?
 - Have I used any method of contraception or artificial birth control in my marriage?
 - Has each sexual act in my marriage been open to 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.

Church of St. John Neumann Strongsville, 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?

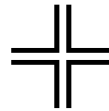
Have I been faithful to my vocation?

- 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?