

Examination of Conscience

“In what I have done, and in what I have failed to do”

-sins of omission may be more serious than sins of commission

In thought, word, and deed

-even if I did not gossip in word, did I judge someone in thought?

Each area of my life should be considered: my study, my work, my family, my friends, my roommate, my prayer, my apostolate etc.

Pride

Pride is the mother of all sin. It is a craving for excellence beyond what is reasonable, an inordinate desire for one's own superiority.

In pride a man seeks to be more than he should be. It makes a man hate being equal to men, and hate being less than God.

- Have I refused to admit my own weaknesses?
- Have I sought things beyond me?
- Have I dwelt on the failings of others?
- Have I judged others? Ranked myself better than others?
- Have I hated others?
- Have I been stubborn? Refused to admit I was wrong? Refused to accept that another person had a better idea?
- Have I failed to show respect to those in authority? To my professor, chaplain, parents etc.?
- Have I failed to do my duties to my family/parents?
E.g. return phone calls, visit, stay in touch?
- Have I been self-seeking in my time with family at home?
- Have I spent time with them?
- Have I been forgiving and tolerant of them?
- Have I scandalized them by bad example?
- Have I neglected to use the talents that God has given me?
- Have I avoided difficult situation and difficult people?
- Have I failed to witness to the harder teachings of Christ? In morals?

Vanity

Concerns external glory.

- Have I acted/talked more to impress others than to do God's will or to help others?
- Have I lied or exaggerated to make myself look good?
- Have I wasted undue time and money on clothes and make-up?
- Is my physical exercise motivated by vanity instead of health?
- Have I sought recognition and advancement for my own glory, rather than to do God's will?
- Have I been content with my lowly position, or have I resented the role that Christ is asking me to fulfill?

Lust

“Lust is disordered desire for or inordinate enjoyment of sexual pleasure. It is a sin of excess.

- Have I looked at others impurely? Has this led to impure thoughts? With what frequency?
- Have I viewed other people as mere sexual objects rather than as persons to be loved?
- Have I viewed pornography on the INTERNET, or TV?
- Have I flirted/danced impurely/toyed with the feelings of another?
- Have I entertained impure thoughts? Briefly, or at length?
Impure acts: Alone, or with another? Impure touches with boyfriend/girlfriend? Impurity in hugs with others?
- Have my jokes, conversation, and flattery been pure?
- Have I encouraged/approved/aided the unchaste acts of others?
- Have I received Holy Communion while in a state of serious sin?
- Have I neglected to seek Confession before Holy Communion?
- Have I been thoughtless in my actions?
- Have I applied the standards of Christ to them?
- Have I driven recklessly, broken the speed limit (excessively)?
- Have I respected the traffic laws?
- Have I driven while under the influence of alcohol?

Anger/Wrath

Is undue desire for vengeance –undue in cause or in amount. Anger can be just or unjust: punishment can be too much or too little, it can even not be deserved at all, and it can be measured out by someone who does not have the authority to give it.

Lack of due anger: “Unreasonable patience is the hotbed of many vices, it

fosters negligence, and incites not only the wicked but even the good to do wrong”

- Have I tolerated abuses against others or against God? (Lack of anger)
- Have I harbored resentment and hatred in my thoughts?
- Have I imagined bad conversations to nurture my anger?
- Have I judged rashly? Have I plotted revenge?
- Have I been physically violent?
- Have I refused or been slow or ungracious in forgiving?
- Have I insulted people? Argued with people? Lost my temper?

Greed

Greed is the excessive love of possessing things.

- Have I desired or lived a lifestyle beyond my means?
- Have I trusted that God will provide for me?
- Have I cheated, stolen, or failed to pay my bills on time?
- Have I borrowed without permission?
- Have I wasted money on unnecessary expenses or gambling?
- Have I given to the poor with a cheerful heart?
- Have I failed to keep secrets?

Envy

Envy –is sadness at the happiness or good of another

Jealousy –is coveting that which belongs to another

Gossip and Sins of Speech:

- Have I envied or been jealous of the abilities, talents, ideas, plans, good-looks, intelligence, clothes, car, possessions, friends etc. of another person?
- Have I damaged the reputation of another?
- Have I exaggerated/lied about the faults of others?
- Have I repeated accusations that might not be true?
- Have I led others to gossip?
- Have I failed to defend the reputation of others?
- Have I been guilty of deception?
- Do I despise others of different race, class or culture?
- Have I told lies out of envy (to damage another's reputation), laziness (to avoid work), or vanity (to make me look good)?

Sloth/Apathy

Sloth is spiritual sorrow in the face of spiritual good, it is an oppressive sorrow that weighs on a man's mind and makes him want to do nothing (a1). To not take joy in a good is a bad thing!

It is laziness in the things of God.

- Have I sought God above all else, or have I put other priorities (e.g. friendships) ahead of him?
- Have I got so caught up in the things of this world that I have forgotten God?
- Have I risked losing my faith by bad company, bad reading, cowardice, pride?
- Have I trusted God, especially in times of difficulty?
- Have I kept the Lord's Day holy?
- Have I worked needlessly on Sunday?
- Have I received Holy Communion with reverence?
- Have I made a due preparation before Mass begins?
- Have I made an appropriate thanksgiving after Mass?
- Have I gone to sleep on time?
- Have I sinned against God by taking his name in vain?
- Have I caused scandal to others by using foul language?
- Have I set the good example Christ expects?
- Have I neglected my duties as student?
- Have I been negligent/sloppy/half-hearted in my work?
- Have I procrastinated (e.g. with email), avoiding more serious priorities?
- Have I wasted time watching useless TV, or in pointless internet surfing?
- Am I just, hardworking and honest in my work?
- Have I prayed for others, or only for myself?
- Have I wasted other people's time by being late or unprepared?
- Have I sinned against God by being late for Mass?

Gluttony

Gluttony is the inordinate desire for food,

- Have I eaten more than I need?
- Have I neglected the food needs of others at the table.
- Have I spent undue amounts of money for food?
- Have I practiced fasting and self-denial, especially on Fridays and other fast days?
- Have I fasted before receiving Holy Communion at Mass?
- Have I drunk alcohol to excess?

10 Commandments

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

- Have I treated devotional items, such as rosaries, relics, and Bibles with due respect?
- Have I lied about my sins or intentionally omitted some serious sins during the sacrament of confession?

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

- Have I used God's name in a disrespectful, careless, or blasphemous way?
- Have I spoken disrespectfully, hatefully, defiantly, or carelessly about the faith, or sacred persons, places and things?
- Have I watched movies or listened to music that was blasphemous or irreverent?
- Have I used foul language or watched movies or music that contained foul language?
- Have I spoken disrespectfully of other people?
- Have I lied under oath (perjury)?
- Have I sworn or made promises in God's name to things that were untrue or of little importance?

3. Remember to keep holy the Lord's Day.

- Have I missed Holy Mass on Sundays or Holy Days without serious cause?
- Have I violated the 1 hour fast before Holy Communion?
- Have I devoted time to my family and loved ones on Sundays and Holy Days?

4. Honor your father and your mother

- Have I disobeyed my parents' reasonable wishes?
- Have I spoken disrespectfully to my parents or legitimate authorities including public officials and employers?
- Have I broken just laws?
- Have I disobeyed the reasonable wishes of my teachers?
- Have I failed to care for and support my elderly parents or other family?
- Have I voted for, promoted agenda of politicians who hold positions contrary to the common good, religious freedom, or the moral law?
- Have I supported policies or laws that undermine the family or promoted unnatural family structures such as homosexual adoption, and population control measures?
- Have I encouraged others to disrespect legitimate authority?
- Have I failed to perform my civic duties such as voting, paying taxes, and service requirements such as jury duty, or just obligatory military service?
- Have I failed to promote the just treatment of the poor, indigent, or mi grants in society?

5. You shall not kill

- Have I failed to promote the dignity and sacredness of human life?
- Have I procured an abortion or abortion-inducing drugs or helped someone else obtain one?
- Have I promoted abortion or voted for a politician that does?
- Have I tried to kill or harm myself or considered it?
- Have I promoted euthanasia?
- Have I desired to kill someone?
- Have I hated someone or wished ill on them?
- Have I been reckless with human life through my actions or lack of care?
- Have I abused alcohol or drugs?
- Have I shown a lack of concern for my health or that of others?
- Have I promoted the use of alcohol, drugs or any other harmful thing?
- Have I allowed my anger to control me?
- Have I been uncharitable to someone, fought with them, or held a grudge?
- Have I failed to forgive someone when they have asked me for forgiveness?
- Have I sought or contemplated revenge?
- Have I abused animals or killed them unnecessarily?

6. You shall not commit adultery

- Have I failed to practice and promote chastity?
- Have I used artificial birth control or encouraged its use?
- Have I procured a sterilization of my reproductive organs or encouraged someone else to do so?
- Have I been unpure with myself?
- Have I used or promoted pornography?
- Have I indulged in impure movies, television, or music, conversation, or jokes?
- Have I had sexual relations outside of the bonds of marriage?
- Have I engaged in petting, sexting?
- Have I seduced someone or allowed myself to be seduced?
- Have I refused to accept my God-given sexual identity?

7. You shall not steal

- Have I stolen something?

- Have I failed to practice the corporal works of mercy?
- Have I vandalized or defaced someone else's property?
- Have I accumulated excessive debt and/or failed to repay it?
- Have I shown a disregard for the environment?
- Have I unwisely or disproportionately spent money on animals?
- Have I failed to respect private property.
- Have I failed to do the appropriate amount of work for my family?

8. You shall not bear false witness against your neighbor

- Have I lied or willfully deceived someone?
- Have I gossiped?
- Have I assumed the worst about someone or judged them unfairly?
- Have I harmed someone's reputation?
- Have I failed to defend the reputation of someone?
- Have I failed to keep a secret or betrayed someone's trust?
- Have I remained silent or been complicit in defaming the Catholic Church?
- Have I coerced others to lie?
- Have I prevented others from speaking the truth?
- Have I mis-characterized something, been overly dramatic, constructed false (straw-man) arguments or engaged in attacks against the person rather than the argument or viewpoint?
- Have I failed to repair the reputation of someone I lied about?
- Have I accepted what others say as truth without due scrutiny (particularly in matters of faith and morals or where another's reputation is a stake)?

9. You shall not covet your neighbor's wife

- Have I given in to lust?
- Have I failed to dress modestly?
- Have I violated someone's privacy by spying on them?
- Have I promoted promiscuity or immoral attitudes toward sex, modesty, or purity, or moral permissiveness?

10. You shall not covet your neighbor's goods

- Have I envied others because of their possessions?
- Have I been greedy?
- Have I failed to live simply and instead given in to materialism?

Precepts of the Church:

1. You shall attend Mass on Sundays and holy days of obligation and rest from servile labor

- Have I failed to attend Holy Mass on Sundays or Holy Days?
- Have I failed to set Sundays and Holy Days aside for rest?

2. You shall confess your sins at least once a year

- Have I confessed my sins at least once each year?
- Have my confessions been honest?
- Have I prepared my soul properly to receive Holy Communion?
- Have I performed the assigned penance from my confession?
- Have I made reparation for the harm caused by my sins?
- Have I made a thorough examination of conscience before confession and honestly attempted to recall all of my sins?
- Have I had a firm purpose of amending my life and sorrow for my sins before going to confession?

3. You shall receive the sacrament of the Eucharist at least during the Easter season

- Have I received Holy Communion at least once during the Easter season
- Have I received communion while being outside the state of grace (having mortal sins on my soul)?
- Have I followed the Eucharistic Fast before receiving Holy Communion?
- Have I received Holy Communion more than twice in a day

4. You shall observe the days of fasting and abstinence established by the Church

- Have I eaten meat on Fridays in Lent?
- Have I failed to follow the rules around fasting on Ash Wednesday and Good Friday?
- Have I followed the spirit of the rules concerning fasting and abstinence?
- Have I done spiritual and corporal works of mercy and practiced self denial?

5. You shall help to provide for the needs of the Church

- Have I given to the Church on a regular basis?
- Have I volunteered my time for the Church appropriately for my situation?
- Have I prayed for the needs of the Church?