

FIRST COMMANDMENT

I am the Lord your God. You shall not have strange gods before Me." (Ex 20:2,3)

Did I doubt or deny that God exists? Did I refuse to believe what God has revealed to us?

Did I believe in fortune telling, horoscopes, the occult and good-luck charms?

Did I deny that I was Catholic? Did I leave the Catholic Faith?

Did I give time to God each day in prayer? Did I love God with my whole heart?

Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, fame, pleasure, property?

SECOND COMMANDMENT

You shall not take the Name of the Lord your God in vain." (Ex 20:7)

Did I blaspheme or insult God? Did I use God's name carelessly or uselessly?

Did I curse, or break an oath or vow? Did I get angry with God?

THIRD COMMANDMENT

"Remember that you keep holy the Sabbath Day." (Ex 20:8)

Did I miss Mass Sunday or a Holy Day of Obligation through my own fault?

Did I come to Mass on time? Leave early? Did I do work on Sunday that was not necessary?

Did I set aside Sunday as a day of rest and a family day? Did I show reverence in the presence of Jesus in the Most Blessed Sacrament?

FOURTH COMMANDMENT

"Honor your father and your mother." (Ex 20:12)

Did I disobey or disrespect my parents or legitimate superiors?

Did I neglect my duties to my husband, wife, children or parents?

Did I neglect to give good religious example to my family?

Did I fail to actively take an interest in the religious education and formation of my children?

Did I fail to educate myself on the true teachings of the Church?

Did I give scandal by what I said or did, especially to the young?

Did I cause anyone to leave the faith?

Did I cause tension and fights in my family? Did I care for my aged and infirm relatives?

FIFTH COMMANDMENT

"You shall not kill." (Ex 20:13)

Did I physically injure anyone or cause someone's death?

Did I have an abortion, or advise someone else to have an abortion?

Did I attempt suicide? Did I take part in or approve of "mercy killing" (euthanasia)?

Did I get angry, impatient, envious, unkind, proud, revengeful, jealous, hateful toward another, lazy?

Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?

Did I abuse my children?

SIXTH COMMANDMENT

"You shall not commit adultery." (Ex 20:14) "You shall not covet your neighbor's wife." (Ex 20:17)

Did I willfully entertain impure thoughts or desires?

Did I use impure or suggestive words? Tell impure stories? Listen to them? Did I deliberately look at impure TV, videos, plays, pictures or movies? Or deliberately read impure materials?

Did I commit impure acts by myself?

Did I engage in sexual acts outside of the covenant of marriage?

Did I use practice artificial birth control or have sterilization done?

Did I engage in homosexual activity?

Did I respect all members of the opposite sex, or have I thought of other people as objects?

SEVENTH & TENTH COMMANDMENTS

"You shall not steal." (Ex 20:15)

"You shall not covet your neighbor's goods." (Ex 20:17)

Did I steal, cheat, help or encourage others to steal or keep stolen goods? Have I made restitution for stolen goods?

Did I fulfill my contracts; give or accept bribes; pay my bills; rashly gamble or speculate; deprive my family of the necessities of life?

Did I waste time at work, school or at home?

Did I envy other people's families or possessions?

Did I make material possessions the purpose of my life?

Did I give a full day's work for a full day's pay? Did I give a fair wage to my employees?

EIGHTH COMMANDMENT

"You shall not bear false witness against your neighbor." (Ex 20:16)

Did I lie? Did I deliberately deceive others, or injure others by lies? Did I commit perjury?

Did I gossip or reveal others' faults or sins? Did I fail to keep secret what should be confidential?

OTHER SINS

Did I fast on Ash Wednesday and Good Friday?

Did I eat meat on the Fridays of Lent or Ash Wednesday?

Did I go to Holy Communion in a state of mortal sin?

Did I fast for one hour from food and drink before receiving Holy Communion?

Did I fail to contribute to the support of the Church?

Am I a good Christian Steward of my prayer, ministry and finance?

