



Consecration in Truth®

# Family Catechesis™

*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

## 53h. Examination of Conscience: In Light of the Ten Commandments For Older Children and Adults

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

- Have I practiced superstition?
- Have I been engaged in occult practices such as consulting horoscopes, tarot cards, or ouija boards?
- Have I participated in seances, or in satanic or demonic services and/or prayers?
- Have I refused to accept any teaching of the Church?
- Have I put my soul in danger by reading, viewing, or listening to material that attacks the teachings of the Catholic Church in matters of faith or morals?
- Do I belong to any anti-Catholic organizations such as the Freemasons (Shriners)?
- Have I attended the meetings or gatherings of any anti-Catholic organizations?
- Have I profaned (desecrated) or spoken sinfully against a sacred person, place, or thing?
- Have I sought an unhealthy relationship with a person who is a consecrated celibate?
- Have I been slow or reluctant to perform my duties toward God?
- Have I neglected to pray?
- Have I received Holy Communion in the state of mortal sin?
- Have I neglected to confess a mortal sin in a previous confession to a priest, when I was aware of having committed one?
- Have I neglected to prepare myself properly for Holy Communion?
- Have I made a false god of money, career, or possessions?
- Have I made a false god of pleasure, sports, internet, video games, or television, etc.?

### 2) You shall not take the Name of the Lord your God in vain.

- Have I taken the Holy Name of God in vain?
- Have I spoken His Name in anger?
- Have I jokingly or irreverently spoken about God?
- Have I been a baptismal or confirmation sponsor in a non-Catholic ceremony?
- Have I broken any promises (oaths) in which I invoked God's Name?

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

- Have I failed to attend Mass on Sundays or Holy Days of Obligation without just cause (for example, serious illness or impassible roads or pathways)?
- Have I arrived at Mass on Sundays or holy days of obligation after the Liturgy of the Word without just cause?
- Have I worn improper attire to Mass, or have I otherwise distracted others from paying attention at Mass?



Consecration in Truth®

# Family Catechesis™

*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

- Have I maintained the one-hour fast (including gum) before receiving Holy Communion (except for health reasons. Water is permissible.)?
- Have I performed (or required others to perform) servile or manual labor on Sundays (not including work to save souls or work required by your employer, enjoyable gardening, or acts of mercy such as helping a neighbor in need or milking cows and feeding livestock)?
- Have I deliberately failed to pay attention at Mass?

#### **4) Honor your father and your mother.**

*For Parents:*

- Have I set a bad example for my children?
- When I do correct my children's faults, is it done with charity?
- Have I made sure that my children make their First Confession and First Communion at about the age of seven?
- Have I failed to take my children to Mass on Sundays and Holy Days of Obligation; or neglected to provide them with an orthodox Catholic education; or neglected to teach them how to pray; or failed to lead them to the sacraments?
- Have I failed to supervise my children with respect to the friends they choose and the entertainment they pursue?
- Do I monitor my children in their choice of music, reading material, in the shows they watch on television, or in the movies or concerts they attend?
- Do I seek God's help every day to fulfill my duties as a parent?

*For Older Children:*

- Have I disobeyed my parents, or been disrespectful to them in other ways?
- Do I nurse angry feelings or show resentment when I am corrected by my parents?
- Have I been moody, sour, or bad-tempered towards other people?
- Do I desire to leave my parents' household when I am too young or for other improper reasons?
- Am I a financial burden to my parents when I can take care of my own financial needs and am old enough to help support the household?
- Do I fight and/or quarrel with my brothers and sisters?
- Have I failed to express my love for my parents?
- Have I failed to help my parents when they were unable to meet their basic needs?
- Do I faithfully perform—without complaining—the household and outdoor chores my parents give me to do?

#### **5) You shall not kill.**

- Have I lost my temper or become unjustly angry at others?
- Have I neglected to love my neighbor as Our Lord has loved me?
- Have I murdered or otherwise unjustly injured (no matter how slight) anyone?



## Consecration in Truth®

# Family Catechesis™

*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

- Have I been a reckless driver?
- Have I tempted others to sin by my bad example or sinful conversation?
- Have I encouraged others to read or watch sinful materials or programs or to otherwise do sinful things?
- Have I failed to make up for, or repair for, the bad example I may have given others?
- Have I been jealous of others? Have I been envious of the possessions of others?
- Have I tried to, or nurtured the thoughts to, commit suicide?
- Have I failed to take proper care of my health?
- Have I mutilated myself or someone else?
- Have I been drunk or intoxicated on alcohol or other substances?
- Have I intentionally overindulged in food or drink (gluttony)?
- Have I participated in gang fights or other illegal gang activities?
- Have I been a bully or picked fights with others?
- Have I recommended, consented to, advised, or actively taken part in an abortion?
- Am I aware of the Church's teaching that abortion is a mortal sin, and that those who actively take part (for example, doctor, nurse, and mother) in an abortion are automatically excommunicated? (Most priests have the authority to lift that excommunication.)
- Have I harmed anyone's reputation by my speech or actions?
- Have I desired to take revenge of anyone who offended me?
- Have I hated or nursed bad feelings toward any person?
- Have I maliciously teased or insulted others?
- Have I refused to forgive anyone who may have offended me?
- Have I sought pardon of those whom I have offended?

### **6) You shall not commit adultery and 9) You shall not covet your neighbor's wife.**

- Have I entertained impure thoughts or deliberately recalled impure thoughts or images?
- Do I watch soap operas or other impure programs? Have I failed to investigate beforehand the sinful potentials of watching a particular show or reading a particular book or magazine?
- Have I had sexual relations with a member of the opposite sex who is not my spouse?
- Although I may never have fully carried them out, have I consented to impure desires?
- Were any circumstances present to make the sin of impurity even more serious, for example, having impure relations with someone who is consecrated to God by vows (sacrilege), or who is married to someone other than myself (adultery), or who is a member of my family (other than my spouse) (incest)?
- Have I engaged in impure conversations? Did I begin them?



Consecration in Truth®

# Family Catechesis™

*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

- Have I sought to have a good time by engaging in entertainment which placed me in proximate [close] occasions of sin, such as sensual dances; sexually suggestive movies, plays, and reading material; evil company; houses of prostitution; and massage parlors?
- Have I placed myself in a proximate occasion of sin? Such circumstances can include carelessly accessing or surfing the web, sharing a room with a member of the opposite sex, being alone with a member of the opposite sex with whom I have continually sinned with, or deliberately taking such a person to a secluded place.
- Have I neglected to dress modestly or to otherwise safeguard purity?
- Have I guarded my eyes and looked away from something impure or immodest as soon as I realized it? (God gives us the grace when the person or the image first comes before our eyes, but if we continue to look at it, it is a sin.)
- Have I willfully looked at immodest pictures, impure movies, or pornographic sites on the web?
- Have I committed impure acts by myself (masturbation)? Did I do so deliberately and freely, knowing that serious matter was involved? Did I know that masturbation freely and willfully performed is a mortal sin?
- Have I committed impure acts with someone of the same sex (homosexual acts)? How many times did I do so?
- Do I have evil or immoral friendships? Have I taken steps to break these friendships?
- Do I respect and guard my exclusive relationship with my spouse by not getting too familiar with someone of the opposite sex, whether it be in a work or social setting?
- Have I been engaged in immodest conduct or conversation with someone I am seriously thinking of marrying?
- Have I used my fiancé, spouse, or another person as an object for my pleasure, rather than a person created in God's image and likeness whom God has placed in my life to respect and reverence and help get to heaven?

### *For Married People:*

- Have I denied my spouse of her or his marital right?
- Have I used or consented to the use of artificial contraceptives? Have I suggested that others do so?
- Do I practice natural means of conception control without justifiable reasons before God for doing so? (See the *Catechism of the Catholic Church*, 2368–2371, and *Humane Vitae*, 16.)
- Have I consented to sterilization or encouraged others to do so, or actively taken part in someone else's sterilization?
- Have I separated from or divorced my spouse civilly without consultation of a priest who follows the mind of the Church?

### **7) You shall not steal and 10) You shall not covet your neighbor's goods.**

- Have I stolen anything? What was it worth? Have I returned the stolen item, or do I intend to return it?
- Have I damaged or been responsible for the damage of another person's property? What would be the cost of repairing or replacing it?



## Consecration in Truth®

# Family Catechesis™

*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

- Have I caused harm to anyone in business dealings by means of fraud, deception, or coercion?
- Have I spent beyond my means?
- Have I deprived others of their needs by spending too little?
- Have I supported the Church and charitable organizations according to my means?
- Have I honored my debts?
- Have I taken stolen property or refused to seek the owner of property that I have found?
- Have I seriously entertained temptations to steal?
- Have I been lazy with respect to my employment, household chores, work, or studies?
- Have I been greedy?
- Have I placed too high a value on material goods?
- Have I failed to help those whom I know are truly needy?
- Have I been irresponsible with money or other means of wealth which God has entrusted to me?
- Have I excessively gambled?
- Have I been envious of the wealth or material goods of another person?
- Have I realized that sins of omission are just as serious, if not more, than sins of commission, as taught by Our Lord in Matthew 25?

### **8) You shall not bear false witness against your neighbor.**

- Have I lied?
- Have I sought to make up for the damage caused by my lies?
- Have I accused others of wrongdoing without sufficient evidence?
- Have I been guilty of detraction (to speak about the faults of others without having a good reason for doing so)?
- Have I been guilty of calumny (to falsely accuse someone of sinful conduct)?
- Have I gossiped about another person?
- Have I too hastily judged someone of improper conduct?
- Have I, without sufficient cause, suspected someone to be guilty of misconduct?
- Have I been excessively critical, negative, or uncharitable in my speech?
- Have I failed to honor the confidences or secrets entrusted to me by another? Have I revealed them to someone else without permission or without due or serious cause?
- Have I used the technique of binding others to secrecy about something that should be revealed to lawful authority?
- Have I failed to defend the good name or honor of others?