



# Lenten Reconciliation

Next Sunday March 26

3:00 PM

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## EXAMINATION OF CONSCIENCE

**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 ever received Communion in a state of mortal sin?
- Have I ever deliberately told a lie in confession or have I withheld a mortal sin from the priest in confession?

**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 another person?

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

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest?

**Honour your Father and your Mother.**

- Do I honour and obey my parents?
- Have I given my family good religious example?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirm relatives?

**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 harbored hatred in my heart?

## **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?
- 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?

## **You shall not steal.**

- Have I stolen 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?

## **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?

## **You shall not desire your neighbor's wife.**

- Have I consented to impure thoughts?
- Have I caused them by impure reading, movies, conversations or curiosity?
- Do I seek to control my imagination?

## **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 of my material and spiritual needs?

