



St. Michael Catholic Church
Rite of Reconciliation

Examination of Conscience

As you reflect upon this self-examination, ask the Lord to grant you virtues, contrary to your vices (sins). For example, if you struggle with purity, ask for courage, strength, patience, discipline, and charity! The graces of the sacraments of confession and the Holy Eucharist can transform your life!

THE FIRST COMMANDMENT: I am the LORD your God, You shall have no other gods before me.

Do you worship the "false gods" of status, consumerism, materialism, or peer approval? Do you ignore or avoid old friends in order to be part of the "popular or in-crowd"? Do you make unreasonable demands on your parents for clothes or money, or feel no responsibility to save for your own college education? Do you give support to your peers when they tell racial or ethnic jokes? Do you feel indifferent toward the poor, imprisoned, or the handicapped and think of them as "losers" by social standards? Do you find it hard to see the value in those who are different from you?

THE SECOND COMMANDMENT: You shall not take the name of the Lord in vain.

Do you use language that you would never speak in front of your grandmother? Is this choice prompted by the violence of your vocabulary, its low opinion of others, or its insulting character? Why do you choose such language, which is contrary to being Christ-like?

THE THIRD COMMANDMENT: Remember the Sabbath day and keep it holy.

Do you skip Mass because few of your friends go to church or because you feel that the gift of God's presence should be more entertaining to/for you? Why do you think Jesus gave us the Eucharist?

THE FOURTH COMMANDMENT: Honor your father and your mother.

Do you thank your parents for what they do for you? Do you offer to help around the house or do you see it as "not my job"? If your parents are divorced, separated or widowed, do you try to understand their pain or loneliness? Why do you try to impress others and yet have little sense of the needs of those in your own family?

THE FIFTH COMMANDMENT: You shall not kill.

Do you value your life and that of others? Do you drink and drive or travel with those who do? Do you fool around with drugs and pretend that doing so does not affect your

grades, your self-respect, your body's health, or your relationships? Have you ever hit your girlfriend or boyfriend? Why do you feel the need to control or humiliate someone you claim to care about?

THE SIXTH COMMANDMENT: You shall not commit adultery.

Do you use other persons for your own selfish pleasure? Do you lie to get sex or force others to act against their values? Do you see sex as a way to be popular or to rebel against your parents? What do you think the casual use of your body or that of another says about your self-worth or self-esteem?

THE SEVENTH COMMANDMENT: You shall not steal.

Do you cheat on tests or homework assignments? Do you ever shoplift or take things belonging to other people? How do you feel about yourself after you do these things?

THE EIGHTH COMMANDMENT: You shall not bear false witness.

Do you gossip or pass on rumors that hurt another's reputation? Can you be trusted to keep something in confidence after you promise? Do you lie to protect your own ego, even if someone will be hurt? Why are you upset if you are the victim of such actions?

THE NINTH COMMANDMENT: You shall not desire for another's spouse.

Remember that most everyone that you know is meant to marry someone other than you. If you lust after a person, he/she is likely the future spouse of someone else. Do you treat others in a way that you would wish for your future spouse, son or daughter to be treated?

THE TENTH COMMANDMENT: You shall not desire for another's goods.

Are you envious of others? Do you resent their popularity or success? Do you feel you have to put others down in order to feel better about yourself? Do you resent your parents when they tell you that they cannot afford to buy the things that you feel you need to keep up with your friends?

Personal reflection:

When you read these questions, do you feel unmoved or does such a question touch on your spiritual condition? Do you want to excuse yourself from responsibility for your answers? Do you find yourself thinking of ways to change your attitudes or behaviors, so that your answers reflect your deepest beliefs? If you find yourself resolving to be more loving, you are basically healthy. If you become aware of ways that you treat others as possessions or have deliberately damaged the reputation of others, this is a moment of grace for admitting poor moral "health" and praying for the strength to seek help.