

Day 159 - Wednesday, August 26

Part of any sacrament is preparation. One of the ways in which we prepare for the Sacrament of Reconciliation is by examining our conscious. [Today](#) and [tomorrow](#) I will offer to you two examples of an examination. They are designed to prick your memory, as you recall your sinfulness.

A Brief Examination of Conscience Based on the Ten Commandments:

1--*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 (horoscopes or ouija boards)
or have I been involved with the occult?

Do I seek to surrender myself to God's Word as taught by the Church?

2--*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 any other person?

Have I insulted a sacred person or abused a sacred object?

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

Have I deliberately missed Mass on Sundays or Holy Days of Obligation?

Have I not kept Sunday as a family day and a day of rest?

Do I do needless work on Sunday?

Do I make others work on Sunday?

4--*Honor your father and your mother.*

Do I honor and obey my parents?

Have I neglected my duties to my spouse and children?

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?

Do I respect my elders? Do I respect my pastor, bishop, and the Pope?

5--*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 been angry or resentful?

Have I harbored hatred in my heart?

6--*You shall not commit adultery.*

Have I been faithful to my marriage vows in thought and action?

Have I engaged in any sexual activity before marriage or outside of marriage?

Have I used any method of contraception or artificial birth control?

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

Do I seek to be pure in my thoughts, words and actions?

Am I careful to dress modestly, so as not to tempt others?

Have I been guilty of masturbation?

7--*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?

8--*You shall not bear false witness.*

- Have I lied? Have I gossiped?
- Have I harmed someone's reputation?
- Have I spoken behind someone else's back?
- Am I critical, negative, or uncharitable in my thoughts of others?
- Do I keep secret what should be kept confidential?

9--*You shall not desire your neighbor's wife.*

- Have I consented to impure thoughts?
- Have I caused them by impure television, movies, books, magazines or internet?
- Do I pray at once to banish impure thoughts and temptations?
- Do I listen to, or engage in, impure conversations or jokes?

10--*You shall not desire your neighbor's goods.*

- Am I jealous of what other people have?
- Do I envy other people's families or possessions?
- 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?

In the light of eternity, we're here for a very short time, really. We're here for one thing, ultimately: to learn how to love, because God is love. - James Finley

Sincerely,
Fr. Jim Kaptein