

The 10 Commandments: Examination of Conscience Sheet

Conditions for Mortal Sins

Mortal sins are sins that must be confessed. They eat away and destroy your connection with God. If a sin is forced upon you, or it could not be avoided. Then it is considered a venial sin, not a mortal sin.

- **Grave Matter** – If the nature of the sin itself is not grave, urgent or dangerous. Then it's not considered a mortal sin.
 - **Sufficiently Full Knowledge** – If you are honestly ignorant of the nature of the sin. Then it's not considered a mortal sin.
 - **Full Consent or Freedom** – If you are not committing the sin freely, and are being tricked, forced or coerced into committing the sin. Then it's not considered a mortal sin.
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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 denied the existence of God?
- Have I doubted or denied my faith?
- Do I seek to surrender myself to God's Word as taught by the Church?
- Have I ever received Communion in the state of mortal sin?
- Have I rejected any Church teaching or denied that I was a Catholic?
- Does someone or something other than God influence my choices?
- Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?

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 used the name of God in cursing or blasphemy?
- Have I been angry with God?
- Have I failed to keep the vows or promises that I have made to God?
- Have I wished evil upon any other person?
- Have I spoken about the Church, the saints, or sacred thing with irreverence, hatred, or defiance?
- Have I insulted a sacred person or abused a sacred object?
- Have I been disrespectful in my behavior in Church?

3. Remember to Keep Holy the Lord's Day.

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Am I habitually late to and/or leave early from Mass without a good reason?
- Have I received a sacrament while in a state of mortal sin?
- 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?
- Do I try to be reverent and pay attention during Mass?
- Do I do penance every Friday, if not abstaining from meat, then some other form of penance?
- If I am 14 years of age or older, did I abstain from meat on Ash Wednesday and the Fridays of Lent?

- If I am between the ages of 18 and 59, did I fast on Ash Wednesday and Good Friday?

4. Honor Your Father and Your Mother.

- Do I honor and obey my parents?
- If still under the care of my parents, did I obey all that they reasonably asked of me?
- Have I neglected the needs of my parents in their old age or in their time of need?
- Am I willing to help around the house or must I be nagged a hundred times?
- Do I try to get along with my brothers and sisters?
- 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 respect my elders?
- Do I respect my pastor, bishop, and the Pope?
- Have I broken the law?
- Do I respect others in authority, priests, nuns, police officers, old people, baby-sitters?
- Have I stopped speaking to anyone?

5. You Shall Not Kill.

- Have I unjustly physically harmed anyone?
- Have I unjustly verbally or emotionally abused anyone?
- Have I seriously considered or attempted suicide?
- Have I intentionally killed a human being?
- Have I abused drugs or alcohol?
- Did I give scandal to anyone, thereby leading them into sin?
- Have I harbored hatred, anger or resentment in my heart?
- Have I failed to forgive?
- Am I prejudiced or have I unjustly discriminated against others because of their race, color, nationality, gender or religion?
- Did my actions, needlessly or recklessly endanger my life or health, or that of another person's?
- Do I endanger my health by not eating right or exercising?

6. You Shall Not Commit Adultery.

- Have I been faithful to my marriage vows in thought and action?
- Have I committed adultery, having sexual relations with someone who is married?
- Have I engaged in any sexual activity before marriage or outside of marriage?
- 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?
- Have I forced adultery onto someone?
- Have I set out to seduce someone, or allowed myself to be seduced?
- Have I made uninvited and unwelcome sexual advances toward another?
- Am I living in a valid and licit marriage according to the laws of the Catholic Church?

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?
- Do I pay employees a living wage, or fail to give a full day's work for a full day's pay?
- Did I cheat on a test, on my taxes, or in business?
- Did I take advantage of another's hardship or ignorance by charging more for a product than it is worth?
- Have I destroyed or misused another person's property for fun?

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?
- Did I perjure myself under oath?
- Am I honest in my school work?
- Do I keep secret what should be kept confidential?
- Am I guilty of libel, writing lies about another person in order to destroy his reputation?
- Am I guilty of rash judgment, assuming the worst of another person based on circumstantial evidence?
- Did I betray another's confidence through speech?

9. You Shall Not Desire Your Neighbor's Wife.

- Have I consented to impure thoughts?
- 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?
- Did I deface, destroy, or lose another's property without making restitution?