



# An Examination of Conscience based on the Ten Commandments

## Meditation

Hear, O Israel: The LORD our God, the LORD is one. And you will love the LORD your God with all your heart, and with all your soul, and with all your strength. And these words, which I command you this day, will be in your heart. You are to teach them diligently to your children, and talk of them when you sit down and when you are walking, when you are lying down and when you get up.

## Examination

You will have no other gods before me.

- Have I loved God, the source, the saviour, and sustainer of all things, with all my heart, mind, soul, and strength, trusting in God's mercy, compassion and care?
- Have I prayed to God every day, morning and evening?
- Have I given a sacrificial portion of my resources to those in need or for the common good?

You will not make for yourself any carved image, or any likeness of any thing. You will not bow down to them or serve them.

- Have I given way to superstition or idolatry, trusting created things more than God?
- Have I been so anxious about earthly cares that I have neglected God?
- Have I allowed anything to take possession of my heart?

You will not take the name of the LORD your God in vain.

- Have I been thoughtless or irreverent with the name of God or towards holy things?
- Have I cursed anyone or anything?
- Have I sworn a false oath or broken an oath or a promise? Has my 'yes' been yes and my 'no' no?

Keep the sabbath day to sanctify it, as the LORD your God has commanded you.

- Have I diligently attended services of worship?
- Have I done unnecessary work on the LORD's Day, or forced someone else to do so?
- Have I allowed myself to be distracted by my concerns or judgments during services of worship?

Honour your father and your mother, as the LORD your God has commanded you.

- Have I been respectful to my parents or loving elders, or have I been inattentive to their concern for me?
- Have I cared for my family in their illnesses or old age?
- Have I respected and prayed for all those in authority, in my family, in the Church, and in society?



You will not kill.

- Have I injured anyone, whether intentionally, through lack of self-control or neglect?
- Have I given way to anger, bitterness or resentment?
- Have I mistreated animals or destroyed or harmed any living creature unnecessarily?

Neither will you commit adultery

- Have I disrespected my commitments or the commitments of others?
- Have I degraded myself or used another person in any way for the sake of pleasure?
- Have I been lazy, idle, or wasteful of time?

Neither will you steal.

- Have I stolen anything or wished to do so?
- Have I paid my debts in a timely way?
- Have I lived within my means?
- Have I given to those in need and to the Church?
- Have I been honest and upright in my dealings with others?

Neither will you bear false witness against your neighbour.

- Have I lied, added to, concealed or taken away from the truth?
- Have I betrayed the confidence of another person?
- Have I rejoiced in the failings or downfall of others?

Neither will you desire your neighbour's wife, his house, his field, or his manservant, or his maidservant, his cattle, or his donkey, or any thing that is your neighbour's.

- Have I envied another person's goods, money, appearance, success, love, or popularity?
- Have I desired things God has not given me?
- Have I been discontent with my life, choosing to see what I don't have instead of looking gratefully at what I do have?