



EXAMINATION OF CONSCIENCE

Examining Your Conscience

“Stop judging, that you may not be judged. For as you judge, so will you be judged, and the measure with which you measure will be measured out to you. Why do you notice the splinter in your brother’s eye, but do not perceive the wooden beam in your own eye? How can you say to your brother, ‘Let me remove that splinter from your eye,’ while the wooden beam is in your eye? You hypocrite, remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother’s eye.” *Matthew 7:1-5*

“Let us search and examine our ways
that we may return to the Lord!” *Lamentations 3:40*

“A person should examine himself, and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself.” *1 Corinthians 11:28-29*

“Examine yourselves to see whether you are living in faith.
Test yourselves.” *2 Corinthians 13:5*

“The reception of this sacrament ought to be prepared for by an examination of conscience made in the light of the Word of God. The passages best suited to this can be found in the Ten Commandments, the moral catechesis of the Gospels and the apostolic Letters, such as the Sermon on the Mount and the apostolic teachings.”⁵³

Catechism of the Catholic Church (CCC) 1454

“Return to your conscience, question it. . . . Turn inward, brethren, and in everything you do, see God as your witness.”⁵¹

CCC 1779

⁵³ Cf. *Mt 5-7; Rom 12-15; 1 Cor 12-13; Gal 5; Eph 4-6*; etc.

⁵¹ St. Augustine, *In ep Jo.* 8,9:PL 35,2041.

What Did You Learn About Examination of Conscience?

for younger saints

1. Give an example of the fourth commandment: Honor your father and mother.
2. On what day do we celebrate the Sabbath?
3. What does the word “covet” mean?
4. What commandment do we break if we tell a lie?
5. What commandment tells us to use the name of God in holy and reverent ways?
6. What commandment tells us that God should be first in our lives?
7. Recite your memory verse for this month.

The Ten Commandments

1. I am your God. You shall not have other gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord’s day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor’s wife.
10. You shall not covet your neighbor’s goods.

What Did You Learn About Examination of Conscience?

for younger saints

Quiz Answers

1. Give an example of the fourth commandment: Honor your father and mother.
Answers will vary.
2. On what day do we celebrate the Sabbath? *Christians celebrate the Sabbath on Sunday in memory of Christ's Resurrection on Sunday.*
3. What does the word "covet" mean? *The word "covet" means to want something that belongs to someone else.*
4. What commandment do we break if we tell a lie?
The eighth commandment.
5. What commandment tells us to use the name of God in holy and reverent ways?
The second commandment
6. What commandment tells us that God should be first in our lives?
The first commandment.
7. Recite your memory verse for this month.
"A clean heart create for me, God." Psalm 51:12

The Ten Commandments

1. I am your God. You shall not have other gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

What Did You Learn About Examination of Conscience?

for older saints

1. What sacrament restores our relationship with God when we sin?
2. Fill in the column spaces with the number of the commandment that is broken.

Commandment

	Stephen was so angry with Tim that he said, "I never want to see you again. I hate you!"
	Erica decided to save her chores until Sunday, because she wanted to play at a friend's house on Saturday.
	When Brian was impatient with his brother, he said, "Jesus, Andrew, can't you do anything right?"
	When Karen found a wallet at the store, she kept it instead of bringing it to the "lost and found."
	Mike stayed out late even though he knew his dad expected him home at 4:00.
	Janet liked to wear short skirts because boys gave her lots of attention when she dressed this way. What commandment was she tempting them to break?
	Catherine didn't want to get into trouble, so she told her mom that the dog knocked over the lamp when she really did it herself.
	John and Jane were adults who were living together even though they were not married.
	Lynnette was very jealous when she found out that Mary got to go to camp for two whole weeks during summer vacation.
	Luke always complained about going to adoration because it interfered with the time he wanted to play with friends.

The Ten Commandments

1. I am your God. You shall not have other gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

3. Recite your memory verse for this month.

What Did You Learn About Examination of Conscience?

for older saints

1. What sacrament restores our relationship with God when we sin?

The sacrament of Reconciliation.

2. Fill in the column spaces with the number of the commandment that is broken.

Commandment

5	Stephen was so angry with Tim that he said, "I never want to see you again. I hate you!"
3	Erica decided to save her chores until Sunday, because she wanted to play at a friend's house on Saturday.
2	When Brian was impatient with his brother, he said, "Jesus, Andrew, can't you do anything right?"
7	When Karen found a wallet at the store, she kept it instead of bringing it to the "lost and found."
4	Mike stayed out late even though he knew his dad expected him home at 4:00.
9	Janet liked to wear short skirts because boys gave her lots of attention when she dressed this way. What commandment was she tempting them to break?
8	Catherine didn't want to get into trouble, so she told her mom that the dog knocked over the lamp when she really did it herself.
6	John and Jane were adults who were living together even though they were not married.
10	Lynnette was very jealous when she found out that Mary got to go to camp for two whole weeks during summer vacation.
1	Luke always complained about going to adoration because it interfered with the time he wanted to play with friends.

The Ten Commandments

1. I am your God. You shall not have other gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

3. Recite your memory verse for this month. *"I say to you, love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father." Matthew 5:44-45a*