

REVIEW OF CONSCIENCE:

Ask yourself these questions:

- When have I not done what God wants me to do?
- Whom have I hurt?
- What have I done that I knew was wrong?
- What have I not done that I should have done?
- Am I sincerely sorry for all my sins?

Look at your life. Compare your actions, and choices you have made, with the Ten Commandments

I am the Lord your God. You shall not have strange gods before me.

- Put God first in your life before all things.
- Do we truly love God above all, or do we sometimes give greater importance to things of this world: money, toys, games, image, looks, clothes, popularity or selfish desires?
- Do we claim to have good values, but often bend or abandon them in order to fit in and be "part of the group? Do we do something wrong because the other kids are doing it?
- Do we turn to God in thankful prayer, or do we pray mostly when we want something?

You shall not take the name of the Lord your God in vain.

- Respect God's name and holy things.
- Do not use bad language.
- Do we show disrespect for God's name by misusing it out of frustration or anger or to look "tough" to others?
- Do we hesitate to mention God's name in appropriate situations, in conversations with friends and family members?
- Do we continue to learn about God by paying attention in Church, Religion Class and through reading the Times Review and paying attention to Catholic periodicals, articles on religion in the secular press and television programs?

Remember to keep holy the Lord's Day.

- Take part in the Mass on Sundays and holy days. Avoid unnecessary work on these days.
- Do we come to Church to celebrate the Eucharist on Sundays and Holy Days?
- Do we attend Mass only when it is convenient or when it will make us "feel good?"
- Do we participate in the Eucharist by praying and singing, or do we simply sit as spectators and wait to be entertained?
- Do we pay close attention to the Word of God and open ourselves to God's call to allow His word to take effect in our lives?
- Do we acknowledge the "true presence" of Christ in the Eucharist and receive Holy Communion with respect and reverence?

Honor your father and your mother.

- Obey and show respect to parents and others who are responsible for you.
- Do we help bring peace and happiness to our families, or are we disrespectful of others and a source of hurt and division for those who are closest to us?
- As parents, are we generous and patient with our children? Do we spend time with them and give them the attention they need? Do we set responsible limits for them and make sure they follow rules that will help them grow into responsible adults?
- Are we willing to say "no" to our children, or are we more likely to ignore problem behavior and hope it will "go away?"
- Do we listen to our children carefully and treat them with respect?
- As children, are we loving, respectful and obedient to our parents? Do we appreciate the many sacrifices they make for us? Do we say "Thank you" and "I love you" often enough?
- Do we do our chores without being asked, or do we wait for our parents to become upset before we move away from what we are doing?
- Do we listen to our parents' reasoning when they say "no" to us?

You shall not kill.

- Do not hurt yourself or others. Take care of all life.
- Have we injured another person through carelessness or fighting?
- Have we placed ourselves or others in danger because of reckless use of alcohol or other drugs? Have we caused difficulties for ourselves or others because of their use?
- Do we strive to forgive those who have hurt us, or do we hold on to resentment and desire for revenge?
- Do we use our powers of influence well, especially our voting rights, in order to fight war, oppression, abortion and injustice, or do we allow those evils to continue by our apathy and our silence?
- Have we been violent or abusive either in action or in speech? Have we been verbally abusive to our children or other family members?
- Do we share what we have with those in need? Do we support the life and mission of the Church by responsible stewardship - sharing our time, talent and treasure?
- Do we bring our Christianity to everyday situations, or do we stand on the sidelines and complain about every flaw we can detect in others?

You shall not commit adultery.

- Show respect for marriage and family life. Respect your body and the bodies of others.
- Do we respect the dignity of the human body and the holiness of Christian marriage? Do we show that respect in our speech, or are crude language and jokes often part of our conversations?
- Have we been faithful to our marriage, priestly or religious vows? Do we keep our commitments simply because we said we would, or do we seek to nourish ourselves and others through our lifetime commitments?

You shall not steal.

- Respect creation and the things that belong to others. Do not cheat.

- Do we respect the property of other people? Have we stolen, damaged or vandalized the property of others?
- Have we cheated at work or in school? Have we encouraged others to sin by pressuring them into helping us cheat?
- Are we honest and hardworking in school and at work?
- Are we faithful to our promises? Can we be trusted?

You shall not bear false witness against your neighbor.

- Tell the truth. Do not gossip.
- Have we lied to stay out of trouble or to avoid a difficult situation?
- Do we gossip about others? Have we damaged the reputation of another person by exaggeration or making up stories about them
- Can we be trusted with a secret?
- Do we stand up for those unjustly accused, or are we merely a channel through which rumors pass, whether or not they are true?

You shall not covet your neighbor's wife.

- Be faithful to family members and friends. Do not be jealous.
- Do we respect the commitments of others and help them remain faithful to their promises?

You shall not covet your neighbor's goods.

- Share what you have. Do not envy what other people have. Do not be greedy.
- Are we satisfied with what God has given us, or are we jealous of those who seem to have more?
- Do we try to prove we are better than others by bragging or buying more things?
- Do we appreciate our own good qualities, or do we constantly compare ourselves with others and become resentful or bitter?
- Do we cope well with the problems that confront us and maintain our Christian hope in spite of hard times and difficulties?