



Sacred Heart of
Jesus in Pineville.com

AN EXAMINATION OF CONSCIENCE
based on the
Catechism of the Catholic Church

The First Commandment:

(OT--Ex. 20:2-5: cf. Deut. 5:6-9)

I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before me. You shall not make for yourself a graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them or serve them.

(NT--Mt. 4:10)

It is written: "You shall worship the Lord your God and him only shall you serve."

(2084) Have I gone after gods other than the one true God? Have I failed to accept and worship the one true God?

(2086) Have I rejected His words or disregarded His authority?

(2088) Have I directly and willfully refused to hold as true what God has revealed or what the Church proposes for belief? Have I sinned against faith by my persistent hesitation in believing? Have I cultivated doubt to the point of spiritual blindness?

(2089) Have I separated myself from the Church by refusing to submit to her earthly shepherd, the pope, or by refusing to be in communion with the members of the Church subject to him?

(2091) Contrary to God's goodness, have I lost hope to the point of despair? Have I failed to believe that the Lord is truly faithful to his promises and his mercy?

(2092) Have I presumed that I could save myself without help from God? Have I presumed that I could obtain God's forgiveness without first making a sincere effort to change and turn away from sin?

(2094) Have I been indifferent or ungrateful toward God who is all good and all loving? Has my

lukewarmness or spiritual laziness caused me to be uncharitable or to refuse the joy that comes from God? Because of pride, have I hated God or denied the goodness of His love?

(2097) Have I hesitated to adore God and acknowledge the great things He has done?

(2098) Have I weakened my faith, hope and charity by not praying?

(2099-2100) Have I made no effort to unite the sacrifices in my own life to that of Jesus' sacrifice on the cross?

(2101-2103) Have I been unfaithful to the promises made to God when I received Baptism, Confirmation, Matrimony or Holy Orders? Have I been unfaithful in my dedicating myself to God in a particular vow I have made?

(2104-2105) Have I been lax in seeking the truth about God and His Church? Have I made no effort to help others to love the true and the good?

(2108-2109) Have I restricted others from pursuing their natural right to religious liberty? Have I supported a political structure which would prevent religious liberty?

(2110) Have I honored gods other than the one Lord who has revealed Himself to us?

(2111-2113) Have I turned to superstition or so-called magic in place of my worship of the one true God? Have I honored or revered a creature in place of God, such as demons, power, pleasure, race, ancestors or the state? Have I placed wealth or acquisition of money above God?

(2116) Have I engaged in forms of divination, such as turning to Satan and demons, or conjuring up the dead? Have I consulted horoscopes, astrology or palm

reading in order to have power over the natural flow of (2119-2121) Have I doubted God's love, providence or power? Have I treated in an unworthy manner the sacraments, liturgical actions, persons, things or places consecrated to God? Do I erroneously think that I am buying grace when I contribute money to the Church for any reason?

(2123-2124) Have I encouraged or failed to discourage an atheistic outlook? Do I view life as limited to the space and time of this world and existing without a Creator? Do I view human power to be self-sufficient, as though there were no need for the help of God? Do I think that salvation, liberation or human progress comes solely from economics or society itself? Do I see the Catholic religious belief in eternal life as keeping the poor impoverished?

(2125-2126) Am I careless about my instruction in the faith or do I present its teachings falsely? Have I refused to acknowledge my dependence on God?

(2127-2128) Have I searched for God, without truly believing that he can be found?

(2129-2132) Have I adored or worshiped idols? Knowing that adoration is due to God alone, do I inappropriately go beyond honor and respect in my veneration of sacred images? Do I have a magical view of any religious objects or practices? Do I follow superstitions or give credence to them?

The Second Commandment:

(OT--Ex. 20:7; Deut. 5:11)

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

(NT--Mt. 5:33-34)

You have heard that it was said to the men of old, "You will not swear falsely. . . . But I say to you, Do not swear at all."

(2142-2143) Have I failed to respect the Lord's name? Have I overlooked the fact that the gift of calling on the Lord by name includes a sense of His trust in and intimacy with me? Have I thoughtlessly introduced the Lord's name into my speech without praising or glorifying it?

(2144-2146) Have I disregarded a sense of the sacred in my religious outlook? Have I given way to fear instead of bearing witnesses to the Lord's name? Have I used the names of God, Jesus Christ, the Virgin Mary or of any of the saints in an improper manner?

time and history?

(2147-2149) Have I misused God's name by using it in promises that I don't keep? Am I guilty of blasphemy because I have spoken against God either orally or internally? Have I used language against Christ's Church, the saints or sacred things? Have I shown lack of respect for the Lord through an oath which misuses His name?

(2150-2152) Have I taken a false oath by swearing by God as a witness to something that is not true? Have I made a promise under oath with no intention of keeping it? Have I pledged myself by oath to commit an evil deed or to wish for injury or death to myself or another person?

(2155) Have I failed to refuse an oath which is for purposes contrary to human dignity or to the unity of the members of the Church?

(2156) Do I lack consideration of the model of charity provided in the person or saint whose name I have received in Baptism?

(2158) Have I overlooked the fact that everyone's name is sacred and is a sign of personal dignity?

The Third Commandment:

(OT--Ex. 20:8-10; cf. Deut. 5:12-15)

Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work; but the seventh day is a Sabbath to the Lord your God; in it you shall not do any work.

(NT--Mk. 2:27-28)

The Sabbath was made for man, not man for the Sabbath; so the Son of Man is Lord even of the Sabbath.

(2176) Have I been neglectful in my public and regular worship of God on Sundays? Have I ignored the fact that Sunday is the foremost holy day of obligation in the Catholic Church? Have I caused children, the disabled or the elderly to miss Mass? If I cannot drive, have I failed to ask sincerely to be taken to Mass.

(2179) Have I failed to contribute to building up the Christian community in my own church parish? Have I failed to practice charity and work well within the context of my particular church parish? Have I failed to take on church ministries for which I am suited because I feel too unworthy or prideful? Have I stubbornly sought or held positions of service in my church parish for personal power, gain or other satisfaction? Have I lorded my importance over others or been unjust or uncharitable in my dealings with my fellow parishioners?

(2180) Have I missed Mass on Sundays or other holy days of obligation without the excuse of a serious reason such as illness? Have I failed to plan properly or to search for a Catholic church when traveling so as to miss Mass?

(2184-85) Have I avoided the enjoyment of adequate rest and leisure on the Lord's day? Have I overlooked the opportunity to spend time with and build up my family on the Lord's day? Have I engaged in work or other activities which hinder the worship I owe to God on this day? Have I made unnecessary demands on others that would hinder them from observing the Lord's day?

(2186) Have I neglected the good works I can do on Sundays, such as humble service to the sick, the infirm and the elderly?

The Fourth Commandment:

(OT--Ex. 20:12; Deut. 5:16)

Honor your father and your mother, that your days may be long in the land which the Lord your God gives you.

(NT--Eph. 6:1-3; cf. Deut. 5:16)

The Lord Jesus himself recalled the force of this "commandment of God." The Apostle teaches: "Children, obey your parents in the Lord, for this is right. 'Honor your father and mother,' (This is the first commandment with a premise.) 'that it may be well with you and that you may live long on the earth.'"

(2197-2199) After having adored God, have I neglected to honor my parents to whom I owe life? Have I shown disrespect toward any persons whom God, for my good, has vested with His authority? Have I dishonored my elders or ancestors? As a student at school, an employee at work or a citizen of a country, have I dishonored my respective superiors?

(2203) Have I viewed certain members of my family with unequal dignity as human persons?

(2205) Have I made no effort to encourage my family to pray and to partake of the sacrifice of Christ? Have I supported my family insufficiently in its task to evangelize and spread the Good News?

(2207) Have I neglected the important task of transmitting moral values to my children?

(2214-2215) Despite my age, have I dishonored or been disrespectful toward my father or my mother? Have I been unthankful toward them?

(2216-2217) As a child, have I lacked obedience in my relationship with my parents? Have I been disobedient toward my teachers or any persons to whom my parents have entrusted me? As an adult, have I considered my parents' advice to be no longer useful?

(2218-2219) If my parents are old or sick or lonely, have I made only meager efforts to supply them with the material and moral support they need? Have I brought discord into my family by not seeking harmony in my relationships with my brothers and sisters? In general have I lacked the charity and patience needed to strengthen the unity of my family?

(2221) Have I given insufficient attention to the very important role I have in educating my children? Have I ignored the moral education and spiritual formation of my children?

(2222-2223) Have I disregarded the fact that my children are first and foremost the children of GOD and are owed respect as human persons? Have I prevented my children from being nourished by family life by not seeking to strengthen the bond between them and myself? Have I not been concerned with creating a home where forgiveness, respect and faithfulness are the rule of life? Have I been remiss about teaching my children that material things are to be subordinated to interior and spiritual things?

(2225, 2227) Have I been unfaithful to the privilege and responsibility I have to evangelize my children? Have I disregarded ever discussing with my children the mysteries of the faith? Have I set a bad example before my children by not forgiving others?

(2229-2230) Have I withheld my advice or counsel to my children when they have asked for it? Have I overlooked available and possible options in choosing a school that would help me educate my children as Catholics? Have I placed excessive pressure upon my children in their choice of a profession or of a spouse?

(2232-2233) Have I not attended to the call from God for my children to mature humanly and spiritually? Before my children, have I myself not been convinced that the first vocation or call of the Christian is to follow Jesus? Without joy or thanksgiving, have I been unwelcoming to the Lord's call for one of my children to follow Him in virginity for the sake of the Kingdom of God in the consecrated life or in priestly ministry?

(2235) Have I exercised authority without a sense of service? Have I commanded what is contrary to the dignity of persons?

(2238-2240) Have I opposed or criticized authority at the inappropriate time or without just cause? Have I failed to pay taxes, exercise the right to vote or defend my country when necessary?

(2242) Have I failed to challenge civil authorities who issue policies and laws which are contrary to the Christian way of life? Have I failed to speak-up and vote for persons and referenda which are in accord with the moral teachings of the Church? Have I failed to encourage others to do the same? Have I obeyed others rather than God?

(2244, 2257) Have I supported institutions in society which undermine what I know to be true about God and about the dignity of the human person? Have I failed to take advantage of the opportunity to bring about a correct vision of the human race which includes the destiny of living in God in heaven as the ultimate goal of earthly life?

The Fifth Commandment:

(OT--Ex. 20:13; cf. Deut. 5:17)

You shall not kill.

(NT--Mt. 5:21-22)

You have heard that it was said to the men of old, "You shall not kill: and whoever kills shall be liable to judgment." But I say to you that every one who is angry with his brother shall be liable to judgment.

(2264) In my own defense, have I ever used means which were more violent than necessary for my protection?

(2265) Have I failed to protect others for whom I am responsible?

(2269) Have I killed or been illegitimately angry with my children, siblings, parents, spouse or other close family members or friends? Have I caused another's death or serious injury indirectly, or by my refusal to give assistance or because I failed to act with due diligence? Have I desired wealth in such a way that my dealings with others have left them unable to supply for their own basic needs?

(2270-2275) Have I encouraged or failed to discourage others in obtaining an abortion? Have I had or lent any assistance whatsoever to others to have an abortion? Have I used prenatal diagnosis with a view toward using abortion as an option if there were certain

(2297) Have I assisted in or failed to discourage kidnapping or hostage taking, especially in domestic disputes? Have I used or failed to discourage the use

undesired results? Have I used so-called birth control methods which may result in an abortion?

(2277) Have I encouraged or failed to discourage others from putting an end to the lives of the disabled, sick and dying? Have I directly killed one of these least ones by an act of commission or omission?

(2278) Knowing it was futile, have I sought or provided burdensome, dangerous, extraordinary or disproportionate means of overzealous medical treatment near death?

(2280-2283) Have I seriously contemplated or attempted suicide? Have I encouraged or failed to discourage others who were suicidal? Have I failed to obtain professional help for myself or when others have threatened suicide? Have I carelessly left accessible guns, poisons or any other things dangerous to children and others?

(2264) Have my attitudes or behaviors led anyone else to do evil? Have I done or failed to do something which causes another to sin? Have I supported certain activities which lead to the decline of morals and the corruption of religious practice?

(2286) Have I encouraged or failed to discourage laws, rules and regulations or practices which lead others to fraud, anger or public opinions which harm good morals?

(2287) Have I unjustly provoked children or the "least ones" to anger? Have I been the source of temptation?

(2289-2291) Have I participated in worship of the human body, physical perfection or success at sports? Have I abused food or medicine? Have I used alcohol, tobacco, or any other drugs to an excessive degree? Have I failed to discourage others in these abuses?

(2290-2291) Have I distributed or manufactured illegal drugs or failed to discourage such operations? Have I in any way, such as under the influence of alcohol, failed to exercise due diligence in the operation of vehicles, machinery or equipment?

(2292) Have I conducted or encouraged illegitimate scientific experimentation?

(2296) Have I failed to give any attention to the meritorious gift of organs, skin and bones for transplant?

of physical or psychological torture to punish or frighten others? For non-therapeutic reasons, have I encouraged others or failed to discourage them in

obtaining amputations, mutilations or sterilizations? Have I provided or been party to such non-therapeutic procedures?

(2299-2301) Have I failed to respect the bodies of the dead in any way?

(2302-2303) Has my anger reached the level of desiring vengeance, killing or wounding another? Have I failed to love my enemies and pray for those who persecute me?

(2304) Have I failed to safeguard peace which is the work of justice and a basic expression of true charity?

(2307-2311) Have I worked for the avoidance of war and encouraged others to do so? Have I acted unjustly in military affairs or failed to discourage others from doing so? Have I illegitimately failed to or caused others not to respond to my country's call to military service?

(2312-2315) Have I participated in or failed to discourage the illegitimate acts of war or the abuse of atomic, biological, chemical or other means of mass destruction?

The Sixth Commandment:

(OT--Ex. 20:14; Deut. 5:18)
You shall not commit adultery.

(NT--Mt. 5:27-28) You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman lustfully has already committed adultery with her in his heart.

(2333-2337) Have I failed to acknowledge and accept my own personal sexual identity? Do I ignore the difference and complementarity of the sexes? Do I fail to acknowledge and live the truth that man and woman are persons created equally in the image and likeness of God? Do I fail to honor the sacrament of marriage? Do I degrade virginity, celibate or married chastity and purity?

(2339-2341) Have I been seduced by my passions and failed to gain self-mastery according to my age and ability? Have I ignored the need to develop self-knowledge, the practices of self-denial and fidelity to prayer in my struggle to overcome temptation? Have I failed to temper my passions and desires with right reason?

(2380-2386) Have I committed adultery while married? Have I done so even once or occasionally? Have I failed to forgive an adulterous partner? Have I

(2348-2350) Do I break my vows or promises of celibate chastity? Do I fail to honor my spouse alone with chaste love? Have I remained chaste before and outside of marriage?

(2351-2356) Have I focused on sexually explicit desires or fantasies for sheer pleasure without regard to the procreative and unitive purpose of sexual relations in marriage? Have I deliberately sexually stimulated myself outside of marital conjugal relations despite my relative maturity and self-mastery? Have I had premarital sexual relations? Have I purchased, viewed, distributed or enjoyed pornographic materials? Have I failed to discourage others from using such explicit and sensual materials? Have I engaged in prostitution or used the services of men, women, adolescents or child prostitutes? Have I forced myself sexually on anyone including friends and my spouse in an act of rape?

(2357-2359) Have I engaged in homosexual acts with men or women of my own sex? Have I failed or cause others to fail to accept with respect, compassion and sensitivity, and without any sign of discrimination, those who have a deep-seated homosexual tendency? As a homosexual person have I failed to seek the virtue of self-mastery or promoted a homosexual lifestyle as appropriate behavior?

(2360-2365) As a married person have I failed to experience pleasure and enjoyment of body and spirit in sexual union? Have I failed to accept, within the limits of just moderation, that such pleasure and enjoyment are without evil? Have I been unfaithful sexually to my spouse? Have I failed to place my spouse above the value of life itself? Have I sought another person, some activity or thing as my ultimate or definitive interest over my spouse?

(2366-2377) Has selfishness motivated my wish to space the births of my children whatever the means of regulating their birth? Have I failed to respect my body and that of my spouse by the use of means or through ends which render procreation impossible, whether in anticipation of the conjugal act, in its accomplishment or in the development of its natural consequences? Have I been irresponsible in supporting population control or failing to discourage such support among others? Have I disdained those with large families or those unable to have families? Have I hated our, my spouse's or my own sterility, thinking I have a right to a child? Have I engaged in or supported illegitimate means of artificial insemination in humans?

condoned the adultery of my spouse or have I also engaged in adultery as a response? Have I sought separation or divorce when there was no danger of

harm to the spirit or to the body of my children or myself? Have I failed to seek objective opinions, reconciliation, or counseling prior to separation and, therefore, hastily ended a marital relationship? Do I support divorce or annulments as an easy solution to marital discord?

(2387-2391) Have I committed incest or pedophilia? Have I engaged in or encouraged any so-called "free unions," "trial marriages," or cohabitation? Have I married or encouraged others to do so for reasons such as pregnancy outside of marriage or in other situations when there is neither assurance of mutual sincerity and fidelity nor protection from the inconstancy of desires or whims? Have I married or supported others who do so contrary to the laws of the Church?

The Seventh Commandment:

(OT--Ex. 20:15; Deut. 5:19)

(NT--Mt. 19:18)

You shall not steal.

(2401) Have I unjustly taken the goods of another? Have I unjustly kept the goods of my neighbor? Have I been uncharitable in caring for earthly goods? Do I still benefit from something I have obtained illegitimately?

(2402-2403) Have I overlooked the fact that the goods of creation are destined not for part of but for the whole of the human race? Do I think that the right to private property does away with the original gift of the earth to the whole human family?

(2404) In my use of the things I own, have I regarded them as exclusive to myself, in the sense that I do not view them as possibly beneficial to others also? Have I failed to recognize in my ownership of any property that I am at the same time a steward of Providence, and, therefore, have the task of sharing benefits, first of all, with my family? Have I failed to pay legitimate debts, child support or alimony? Have I failed to provide financially for retirement, disability or my death?

(2405) Have I withheld, and therefore prevented, certain possessions from benefiting guests, the sick or the poor? Do I tithe from my income?

(2407) Have I been overly attached to the goods of this world? Have I refrained from giving to my neighbor what is due to him or her? Have I refrained from the practice of solidarity, that is, imitating the Lord in becoming poor so that another might become rich?

(2408-2409) Against the reasonable will of the owner, have I stolen goods? Have I unjustly taken and kept the goods of another by business fraud or by paying unjust wages? Have I forced up prices in order to take advantage of the ignorance or hardship of another? Have I done work poorly? Have I forged checks, invoices or other legal instruments or contracts? Have I wasted or spent money to excess? Have I willfully damaged private or public property?

(2410-2411) Have I broken my promises or been unfaithful to the commitments I've made in a contract? Have these commitments been morally unjust? Have I been unfair in returning to a community what I owe it? If it has been within my power to correct injustice in the community's unequal treatment of its citizens, have I failed to do so? Have I made no effort to restore the owners' goods that I've stolen?

(2413-2414) Have I engaged in wagers or games of chance or gambling, to the point that I've deprived myself, or others who depend on me, of the basic needs or legitimate goods for a decent quality of life? Have I cheated at games? Have I participated in acts or enterprises which lead to the enslavement of human beings or to their being bought or sold or exchanged as merchandise? Have I, for selfish gain, reduced other human beings to being merely a source of profit?

(2415) Have I assumed that mineral, vegetable or animal resources of the universe can be used to any degree, without moral consideration of right and wrong? Have I held the view that humanity's dominion over inanimate and other living beings on the earth is total and absolute, that is, without being limited by concern for the quality of life of my neighbor or of future generations to come? Do I have an attitude towards ecology and animal life that is in accord with the Church's teaching? Do I have more concern for these forms of life than for human life?

(2416-2418) Have I intentionally been unkind toward animals who give God glory by their mere existence? Have I performed medical or scientific experimentation on animals without a reasonable limit? Have I, contrary to human dignity, caused animals to suffer or die needlessly? Have I directed to animals the degree of affection that is due only to human persons?

(2423-2425) In society have I supported systems in which social relationships, contrary to the nature of the human person, are determined completely by economic factors or the pursuit of profit and wealth? Have I viewed profit to be the only and ultimate ends of the economy? Have I encouraged or failed to discourage a disordered desire for money? In a capitalistic economy, have I exalted individualism, or

the absolute superiority of the law of the marketplace, above human labor?

(2428-2429) Have I, through selfish actions, prevented someone else from being able to work to provide for his/her and his/her family's basic needs? Have I used my talents only to benefit myself, without consideration of others? Have I disregarded regulations set by a legitimate authority for the sake of the common good?

(2432-2434) Have I supported business enterprises that take no responsibility for the bad effects their operations may have on the ecology of the earth? In business relations or at work, have I considered only personal profit, to the neglect of the good of the persons being served? Have I discriminated against others unjustly when they have sought employment? Have I paid an unjust wage for work that has had legitimate fruit?

(2435-2436) Have I participated in a strike which has included acts of violence or which has had intentions which are contrary to the common good? Have I avoided payment of required social security contributions or legitimate taxes?

(2439-2432) Do I think that rich nations, such as the United States, have no grave moral responsibility toward those which are poor and which are unable to ensure the means of their development by themselves? Have I ignored the opportunity to provide direct aid or relief assistance to those nations or peoples who have suffered from natural catastrophes, epidemics and the like? As a part of the Catholic, lay faithful, have I ignored the opportunity to take responsible social action for the common good? Have I excused myself from animating earthly society with a sense of Christian commitment?

(2443-2446) Have I ignored the plight of the poor? Have I failed to offer them assistance when possible? To their neglect, have I had an immoderate love of and selfish use of riches? Have I failed to realize that what is paid in justice should not be considered to be a gift of charity? Have I made no effort to give beyond what justice alone requires?

(2447-2449) Have I neglected to feed the hungry, shelter the homeless, clothe the naked, visit the sick and imprisoned and bury the dead? Have I overlooked the fact that in helping those who cannot return the favor, I serve Jesus?

The Eighth Commandment:

(OT--Ex. 20:16; cf. Deut. 5:20)

You shall not bear false witness against your neighbor. (NT--Mt. 5:33)

It was said to the men of old, "You shall not swear falsely, but shall perform to the Lord what you have sworn."

(2464) Have I misrepresented the truth in my relations with others? Have I failed to acknowledge that offenses against the truth expressed in word or deed, are a refusal to commit myself to moral uprightness? Have I never considered that such offenses undermine the foundations of the covenant between God and the human family?

(2465-2466) Have I responded only partially to my call to live in the truth? Have I overlooked the fact that, since God is the source of all truth, His Word and His Law are truth? In my Christian vocation, have I never acknowledged that to follow Jesus is to live in the Spirit of truth?

(2467) Have I failed to seek the truth, especially religious truth? In opposition to truth, have I been insincere, duplicitous or hypocritical? Have I disregarded the just mean between what ought to be expressed and what ought to be kept secret?

(2472) Have I neglected bearing witness to the truth by not acting as a witness of the Gospel and of the obligations which flow from it?

(2476-2477) Have I given false witness in court? Under an oath, have I committed an act of perjury? Have I been disrespectful toward the reputation of others? Have I rashly judged someone by assuming as true, without sufficient knowledge, the moral fault of another? Have I, without good reason, revealed the faults of another to persons who didn't know them? Have I said things about someone that would encourage others to make a false judgment concerning that person?

(2478-2487) Do I excuse myself from making an effort to interpret my neighbor's thoughts, words, and deeds in a favorable way? Have I publicly and intentionally destroyed the reputation and honor of a neighbor? Have I, by flattery, encouraged someone else in malicious acts or perverse conduct? Have I sinned against truth by boasting, bragging or maliciously imitating some aspect of someone's behavior? Have I lied by speaking directly against the truth? Have I lied by misleading someone who doesn't know better? Have I failed to acknowledge that a lie can do real

violence to another? Have I made no effort to try to (2488-2492) Have I been uncharitable in my response to someone who has requested information or communication? Have I used indiscreet or imprudent language in particular situations, as in front of children? If I am in a profession, which requires the exchange of confidential information, have I been unsuccessful at keeping professional secrets? Even if it has not been revealed under the seal of secrecy, have I carelessly released private information without proportionate reason?

(2493-2499) If I work within the realm of social communications, have I overlooked the need to present to society information based on truth, freedom, justice, and solidarity?

(2500-2503) In my artistic works, have I avoided expressing the truth and beauty of my relationship with God the creator? Have I neglected using my artistic talents to benefit others and to inspire others to love truth and to consider the infinite beauty of God? In my admiration of the various forms of sacred art, such as paintings of Jesus, the most holy Virgin Mother of God or of angels, have I overlooked the adoration, prayer and love of God that they evoke?

The Ninth Commandment:

(OT--Ex. 20:17)

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his manservant, or his maidservant, or his ox, or his ass, or anything that is your neighbor's.

(NT--Mt. 5:28)

Every one who looks at a woman lustfully has already committed adultery with her in his heart.

(2516) Do I fail to consider that sin has the consequence of creating tension between the "spirit" and the "flesh?" In my daily spiritual battle, have I omitted imploring the saving action of the Holy Spirit?

(2518-2519) Have I failed to attune both my intellect and my will to the demands of God's holiness, chiefly in the three areas of charity, chastity, and love of truth with in an orthodox faith? Do I neglect to make an explicit effort to purify my heart?

(2520-2527) Have I lacked purity of intention that is, seeking to find and to fulfill God's will in everything? Have I lacked purity of vision by not disciplining feelings and imagination or by not resisting impure thoughts? Have I used prayer as a means to ensure my purity of heart? Have I been immodest or inconsiderate by not keeping silence when necessary? If it has manifested itself, have I ignored the

build back a reputation that I have damaged? opportunity to bring about a Christian purification of action and outlook in society?

The Tenth Commandment:

(OT--Ex. 20:17; Deut. 5:21)

You will not covet . . . anything that is your neighbor's. . . . You shall not desire your neighbor's house, his field, or his manservant, or his maidservant, or his ox, or his ass, or anything that is your neighbor's.

(NT--Mt. 6:21)

For where your treasure is, there will your heart be also.

(2535-2540) Have I been greedy? Do I continually try to accumulate earthly goods without limit? In a selfish way, have I desired power? Have I been envious of others? Have I so desired the goods of another person that I have wished grave harm on my neighbor?

(2541-2543) Have I resisted turning toward God's law and grace as a means to overcome greed or envy?

(2544-2547) Have I forgotten poverty of heart by directing my affections away from perfect charity and instead toward riches and worldly things?

(2548-2550) Have I neglected to mortify my cravings and passions in order to possess and contemplate God? Have I ignored the grace of God in trying to prevail over such passions and to be holy?

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