

# Examination of Conscience for Married Couples

## 1. "You shall love the Lord your God with all your heart" - Mark 12:30

- ❖ Have we invited God to be the third Person in our relationship?
- ❖ Do we strive consciously to include God in all our decisions?
- ❖ Do we trust God?
- ❖ Do we place our confidence in things like money, possessions, prestige, clothes, position, politics, drugs, alcohol or horoscopes?

## 2. "Love one another as I love you" - John 15:12

- ❖ Do I show as much concern, love, gentleness, care for my spouse as I do for myself or for other people?
- ❖ Is our marriage the core of our lives or is it just another thing we do?
- ❖ Do I participate in my spouse's life?
- ❖ How do I love our children?
  - ❖ Am I separate or aloof from them
  - ❖ Am I able to show tenderness toward them?
  - ❖ Do I set an example of love for them in the way I love their father/mother?
  - ❖ Do I participate in their lives?
  - ❖ Am I able to accept my children and their way of acting, talking, and living while still expressing my values and expectations?
- ❖ Do we avoid negative humor and putdowns?
- ❖ Do we talk about our spouses to others in a negative way?
- ❖ Do we share our home, talent, material possessions with those in need?
- ❖ Do we reach out to the poor, the lonely, the handicapped, the homeless, the hurting?

## 3. "Where two or three are gathered in my name, there I am in the midst of them" - Matthew 18:20

- ❖ Is our home a "little church"?
- ❖ Are we aware that we are gathered in His name as a married couple?
- ❖ Do we find time for personal prayer?
- ❖ Do we find time as a couple for prayer?
- ❖ Do we find time as a family for prayer?
- ❖ Do we pray grace before meals, whether at home or in restaurants?

- ❖ Do we attend mass on Sunday and Holy Days of Obligation?
- ❖ Do we bring our children to Mass?
- ❖ Are we availing ourselves to the Sacrament of Confession on a regular basis?
- ❖ Do we encourage our children to receive this sacrament?

## 4. "And the two of them shall become one body" - Genesis 2:24

- ❖ Do we strive for unity in all that we do?
- ❖ Do we make our decisions as a couple?
- ❖ Do we really live as a married couple or as "married singles"?
- ❖ Do we show each other by our words and actions that we are two in one flesh?
- ❖ Are we affectionate towards each other?
- ❖ Do I seek affection from someone other than my spouse?
- ❖ Do I thank God for my marriage?
- ❖ Do I pray for my spouse?
- ❖ Do I encourage my spouse in his/her struggles?
- ❖ Do I deliberately entertain impure thoughts about someone?
- ❖ Have I sought out impure images or movies?
- ❖ Have I engaged in impure conversations
- ❖ Have I masturbated?
- ❖ Have I compromised my marriage in my thoughts, words, or actions?

## 5. "The Lord sent them ahead of Him in pairs" - Luke 10:1

- ❖ Do we share any hobbies or other interests as a couple?
- ❖ Do we recognize God wants to use us for His purpose?
- ❖ Do we defend the dignity of marriage or ridicule it?

## 6. "But seek first the kingdom of God and His righteousness" - Matthew 6:33

- ❖ Do we spend as much time and effort on our spiritual growth as we do on other activities, e.g., entertainment?
- ❖ Have we discussed much time and money or other resources we are sharing or plan to share with others?
- ❖ Do we attend retreats, seminars, prayer groups as a couple?
- ❖ Do I or we read a book relating to our faith or about improving our marriage?

## 7. "I came that they may have life and have it more abundantly" - John 10:10

- ❖ Are we life-giving to each other and to our children?
- ❖ Do we encourage and support each other?
- ❖ Do we defend each other?
- ❖ Are we sensitive to one another's moods, feelings, needs?
- ❖ Do I openly accept my spouse or am I trying to mold him/her into who I want him/her to be?
- ❖ Do I nag, criticize or belittle my spouse?
  - ❖ Do I do this in front of the children, friends, in public?
- ❖ Am I judgmental?
- ❖ Do I gossip or slander others?
- ❖ Have I forgiven my spouse from the heart?
- ❖ Do I throw back in his/her face past hurts?
- ❖ Have I forgiven myself, my children, others?
- ❖ Do I give 100% in my marriage?
- ❖ Are we life-giving in our sexuality?
- ❖ Do we only use natural family planning methods of family planning when we have a serious reason for avoiding pregnancy?
- ❖ Do we see our sexuality as holy, as a moment to renew the covenant of marriage?
- ❖ Do the books I read, the movies I watch draw me closer to God, to my spouse, my family?

*Composed by Beth and Dennis Coburn*

### CONDITIONS FOR MORTAL SIN

"Mortal Sin destroys charity in the heart of man by a grave violation of God's law; it turns man away from God, who is his ultimate end and his beatitude" - Catechism of the Catholic Church (CCC) 1855

Mortal sin necessitates a new initiative of God's mercy and a conversion of heart which is normally accomplished within the setting of the Sacrament of Reconciliation ... [Mortal sin] results in the loss of charity and the privation of sanctifying grace" - CCC 1856, 1861

For sin to be mortal three conditions must together be met: (1) grave matter; (2) committed with full knowledge; and (3) deliberate consent.