

## **An Examination of Conscience Based on the Ten Commandments**

**by Rick McKinney, Spring 2018**

*Have no other gods before me.* Have I honored and loved God before all other persons and things with all my heart, soul, mind and strength? How has this been reflected in the stewardship of my time, my thoughts, my words, my actions, my inactions, my attitudes, my body, my money, my home, my things, and my relationships? Have I been so preoccupied with other persons or things that they have become my idols?

*Do not take the Lord's name in vain.* Have I honored the name of my God before the eyes and ears of others with my words, my attitude and my actions so that my witness and calling in Christ may not have been taken in vain? Have I also born in mind that God the Father has written my name on the palm of his hand?

*Honor the Sabbath and keep it holy.* Have I honored the time God has given me, especially on Sundays and pray regularly – thanking Him, praising Him, listening to Him and calling on Him daily, weekly, seasonally, individually and corporately?

*Honor your father and mother.* Have I honored my father and mother and all those He has placed in authority in my life? How has this been reflected in my words, attitudes, and actions? Do I recognize that I am God's beloved child and that all authority has been allowed by God for His purposes?

*Thou shall not kill.* Have I hurt others or not judged with mercy those I find offensive and have I chosen to forgive those who have offended me and prayed that God would bless them with His love and grace?

*Thou shall not commit adultery.* Have I been chaste and faithful in my state in life with my eyes, my thoughts, my words, my actions, and my heart?

*Thou shall not steal.* Have I been careful not to steal or damage the goods of others, including their time, their treasure, their talents, their privacy and their things? Have I been careful in small ways to be diligent at work and faithful in my responsibilities?

*Thou shall not bear false witness.* Have I been careful to be truthful in love and not to put down the reputation and good name of anyone in my words and actions, but to lift them up and to acknowledge their long-comings not just their shortcomings?

*Thou shall not covet.* Have I been careful not to covet my neighbor's spouse, my neighbor's house, my neighbor's talents, my neighbor's looks, my neighbor's money, my neighbor's health, my neighbor's reputation, my neighbor's things, or anything else that belongs to my neighbor? Am I content with what God has given me?