

EXAMINATION OF CONSCIENCE FOR CONFESSION

FIRST COMMANDMENT

"I am the Lord your God. You shall not have strange gods before Me." (Ex 20:2,3)

- Did I doubt or deny that God exists?
- Did I refuse to believe what God has revealed to us?
- Did I partake in fortune telling, horoscopes, the occult, good-luck charms, Ouija boards, or séances?
- Did I deny that I was Catholic?
- Did I leave the Catholic Faith?
- Did I fail to give time to God each day in prayer?
- Did I despair of or presume on God's mercy?

SECOND COMMANDMENT

"You shall not take the Name of the Lord your God in vain." (Ex 20:7)

- Did I blaspheme or insult God?
- Did I use the holy name of God or Jesus carelessly, uselessly or in anger?
- Did I curse, or break an oath or vow?
- Did I get angry with God?

THIRD COMMANDMENT

"Remember that you keep holy the Sabbath Day." (Ex 20:8)

- Did I miss Mass on a Sunday or a Holy Day of Obligation through my own fault?
- Did I come to Mass late? Leave early?
- Did I perform unnecessary work on Sunday? Do unnecessary shopping?
- Did I fail to show reverence in the presence of Jesus in the Most Blessed Sacrament?

FOURTH COMMANDMENT

"Honor your father and your mother." (Ex 20:12)

- Did I disobey or disrespect my parents or legitimate superiors?
- Did I neglect my duties to my husband, wife, children or parents?
- Did I neglect to give good religious example to my family?
- Did I fail to take an active interest in the religious education and formation of my children?
- Did I fail to educate myself on the true teachings of the Church?
- Did I give scandal by what I said or did, especially to the young?
- Did I cause anyone to leave the faith?
- Did I cause tension and fights in my family?
- Did I fail to care for my aged and infirm relatives?
- Did I fail to give a full day's work for a full day's pay?
- Did I fail to give a fair wage to my employees?

FIFTH COMMANDMENT

"You shall not kill." (Ex 20:13)

- Did I kill or physically injure anyone?
- Did I have an abortion, or advise or help someone else to have an abortion?
- Did I attempt suicide?
- Did I use in vitro fertilization?
- Did I become angry, impatient, envious, unkind, proud, revengeful, jealous, hateful, lazy?
- Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?
- Did I abuse my children?

SIXTH & NINTH COMMANDMENTS

"You shall not commit adultery." (Ex 20:14) "You shall not covet your neighbor's wife." (Ex 20:17)

- Did I willfully entertain impure thoughts or desires?
- Did I use impure or suggestive words? Tell impure stories or jokes? Listen to them?
- Did I deliberately look at pornography? Read impure material?
- Did I engage in sexual activity by myself or with someone who is not my spouse?
- Did I practice artificial birth control?
- Did I marry or advise anyone to marry outside the Church?
- Did I fail to avoid occasions of impurity?
- Did I undergo sterilization?
- Did I abuse my marriage rights?

SEVENTH & TENTH COMMANDMENTS

"You shall not steal." (Ex 20:15) "You shall not covet your neighbor's goods." (Ex 20:17)

- Did I steal, cheat, help or encourage others to steal or keep stolen goods?
- Did I fail to fulfill my contracts; give or accept bribes; rashly gamble or speculate?
- Did I waste time at work, school or at home?
- Did I envy other people's families or possessions?

EIGHTH COMMANDMENT

"You shall not bear false witness against your neighbor." (Ex 20:16)

- Did I lie? Deliberately deceive others, or injure others by lies?
- Did I commit perjury?
- Did I gossip or reveal others' faults or sins?
- Did I fail to keep secret what should be confidential?

Act of Contrition (to be said during the confession)

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.