

The Sacrament of Reconciliation

Examination of Conscience

- THE FIRST COMMANDMENT

I am the Lord Your God. You Shall Not Have Strange Gods Before Me

Did I deny or doubt God's existence?

Did I refuse to believe God's revelation?

Did I believe in horoscopes, fortune telling, dreams, good luck charms or reincarnation or other occult practices?

Did I deny that I was a Catholic?

Did I leave the Catholic faith?

Was I involved in the New Age Movement, Eastern Religions, atheism or agnosticism?

Was I guilty of apostasy

Did I belong to a schismatic group

Was I involved with the Freemasons or other secret societies?

Did I despair of or presume on God's mercy?

Did I receive Holy Communion in the state of sin?

Did I presume in God's mercy by committing sins and then expecting absolution by going to Confession?

Did I hate God?

Did I fail to receive Holy Communion at least once a year, especially during Easter?

Did I neglect prayer for a long time?

- THE SECOND COMMANDMENT

You Shall Not Take the Name of the Lord Your God in Vain

Did I blaspheme God or take God's name in vain, curse or break an oath or vow?

Did I wish evil on another person?

Have I slandered or insulted a sacred person or object?

Did I lie or withhold a serious sin during confession?

Have I lied under oath?

- THE THIRD COMMANDMENT

Remember to Keep Holy the Lord's Day

Did I miss Mass on Sunday or Holyday of Obligation through my own fault?

Am I always reverent in the presence of Jesus in the most Blessed Sacrament?

Was I inattentive at Mass?

Did I come to Mass late?

Did I leave Mass early?

Did I do unnecessary physical work on Sunday?

Did I eat meat on Fridays of Lent or Ash Wednesday?

Did I fast as required on Ash Wednesday?

Did I fail to confess at least once a year?

Did I go to Holy Communion without fasting (water and medicine permitted) for one hour from food and drink?

Did I make a bad confession?
Did I fail to contribute to the support of the Church?

- THE FOURTH COMMANDMENT

Honor Your Father and Mother

Have I failed to care for my aged parents?

Did I disobey or disrespect my parents or legitimate superiors?

Did I neglect my duties to my husband, wife, or children?

Did I fail to actively take an interest in the religious education and formation of my children?

Have I failed to educate myself on the true teachings of the Church?

Have I abused or been guilty of serious neglect of my children?

Have I failed to carry out the Last Will and Testament of my deceased parent?

- THE FIFTH COMMANDMENT

You Shall Not Kill

Have I committed murder or manslaughter?

Did I physically injure anyone?

Have I had an abortion or advised someone to have an abortion?

Did I knowingly vote for someone who is pro-abortion

Did I participate in or approve of the grave evil known as "mercy killing"?

Did I attempt suicide?

Did I give scandal by what I said or did, especially to the young?

Was I the cause of anyone leaving the faith?

Am I guilty of driving dangerously or recklessly?

Did I give bad example, abuse drugs, drink alcohol to excess, fight or quarrel?

Have I been engaged in unjust lawsuits?

Have I been guilty of bigotry?

- THE SIXTH COMMANDMENT

You Shall Not Commit Adultery

Did I willfully entertain impure thoughts and desires?

Did I dress immodestly?

Did I use impure or suggestive words?

Did I tell impure stories?

Did I listen to them?

Did I deliberately look at impure things, TV, videos, plays, pictures, or movies?

Did I deliberately read impure material?

Did I commit an impure act by myself or with another?

Did I marry or advise another to marry outside the church?

Did I abuse my marriage rights?

Was I unfaithful to my marriage vows?

Have I kept company with someone else's spouse?

Did I practice artificial birth control or was I or my spouse sterilized?

Was I impatient, angry, envious, unkind, proud, jealous, revengeful, hateful toward others, lazy?

- THE SEVENTH COMMANDMENT

You Shall Not Steal

Did I give a full day's work in return for my full day's pay?

Did I give a fair wage to my employee?

Have I stolen anything?

Have I failed to make restitution?

Have I gambled to excess?

Have I taken advantage of the poor, inexperienced or less fortunate?

Have I failed to help the poor or needy when I am able to do so?

Did I steal, cheat, help or encourage others to steal, or keep stolen goods?

Did I fulfill my contracts, give or accept bribes, pay my bills, deprive my family of necessities of life?

- THE EIGHTH COMMANDMENT

You Shall Not Bear False Witness Against Your Neighbor

Did I tell lies deliberately to deceive?

Or injure others by lies?

Did I commit perjury?

Was I uncharitable in word or deed, gossip or reveal others' faults and sins?

Did I fail to keep secrets I should have?

- THE NINTH COMMANDMENT

You Shall Not Desire Your Neighbor's Wife

Have I looked at pornography either in books or on the screen?

Have I dwelled on impure thoughts or fantasies for the purpose of arousal?

Have I willfully lusted after another?

- THE TENTH COMMANDMENT

You Shall Not Desire Your Neighbor's Goods

Have I been guilty of greed or avarice?

Did I steal or destroy the goods belonging to another?

The Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because of Thy just punishments, 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 sin no more and to avoid the near occasions of sin. Amen.