

**FIRST COMMANDMENT: I am the Lord thy God. Thou shalt not have strange gods before Me.**

- Have I prayed to other deities, pagan gods, or the devil?
- Have I practiced any superstitions (e.g., horoscopes, fortune telling, Ouija board)?
- Have I deliberately doubted or denied any of the teachings of the Church?
- Have I taken part in any non-Catholic worship?
- Have I been indifferent with regard to my Catholic Faith (e.g., believing one can be saved in any religion, that all religions are basically equal)?
- Am I a member of any non-Catholic religious organization, secret society or anti-Catholic group (e.g., Freemasons)?
- Have I knowingly read any heretical, blasphemous or anti-Catholic literature?
- Have I neglected the knowledge of my faith as taught in the catechism?
- Have I omitted religious duties or practices through motives of human respect?
- Have I failed to defend my Catholic faith?
- Have I been faithful to my daily prayers?
- Have I received Holy Communion in the state of mortal sin? (*This is a very grave sacrilege.*) Have I received any other sacrament irreverently?
- Have I insulted holy persons (priests or religious) or holy things?
- Have I been guilty of great irreverence in church (e.g., conversation, behavior, or dress)?
- Have I presumed or despaired on God's mercy at any time?
- Have I given too much importance to any creature, activity, object or opinion?

**SECOND COMMANDMENT: Thou shalt not take the name of the Lord thy God in vain.**

- Have I sworn by God's name falsely, rashly or in slight and trivial matters?
- Have I murmured or complained against or insulted God (blasphemy)?
- Have I cursed myself or others, or any creature?

Have I broken a vow made to God?

**THIRD COMMANDMENT: Remember thou keep holy the Lord's day.**

- Have I missed Mass on Sundays or Holy Days of obligation?
- Have I been late for Mass on Sundays or Holy Days of obligation or left early through my own fault?
- Have I made others miss Mass on Sundays or Holy Days of obligation, leave early or be late for Mass?
- Have I been willfully distracted during Mass?
- Have I done or commanded any unnecessary servile work on Sunday or Holy Days of obligation?
- Have I bought or sold things not of necessity on Sundays and Holy Days of obligation?

**FOURTH COMMANDMENT: Honor thy father and thy mother.**

- Have I been disobedient or disrespectful to my parents, or have I neglected or refused to aid them in their wants or to do their last will?
- Have I shown irreverence to others in positions of authority?
- Have I failed in reverence to the elderly?
- Have I abandoned my spouse or children?
- Have I mistreated my spouse or children?
- Have I been disobedient or disrespectful to my husband?
- Regarding my children: Have I neglected their material needs? Have I failed to care for their early baptism? (*Canon Law 867 states that "parents are obliged to see that their infants are baptized within the first few weeks." Delay beyond a month would be a serious sin.*)
- Have I failed to care for their proper religious education?
- Have I allowed them to neglect their religious duties?
- Have I allowed them to date without the prospect of marriage within the near future?

- Have I failed to supervise the company they keep?
- Have I failed to discipline them when they need it?
- Have I given them a bad example?
- Have I scandalized them (e.g., by arguing with my spouse, excessive drinking, cursing or swearing in front of them)?
- Have I permitted them to wear immodest clothing (mini-skirts; tight pants, dresses, or sweaters; see-through blouses, short-shorts, revealing swim wear, etc.)?
- Have I denied their freedom to marry or to follow a religious vocation?
- Have I obeyed civil laws?
- Have I voted in accordance with a properly informed conscience (e.g., consistent with the Church's teaching on matters pertaining to human life, the unborn, etc.)?

**FIFTH COMMANDMENT: Thou shalt not kill.**

- Have I procured, desired, or hastened the death or bodily injury of anyone?
- Have I hated, oppressed, or wished evil on anyone?
- Have I intended or attempted to injure myself or others?
- Have I threatened anyone unjustly?
- Have I insulted anyone (e.g. using harsh or profane names)?
- Have I unjustly harassed, made fun of, ridiculed anyone?
- Have I put my life or that of others in danger (e.g., reckless or drunk driving)?
- Is there anyone with whom I refuse to speak, or against whom I bear a grudge or desire revenge?
- Have I taken pleasure in another's misfortune?
- Have I meditated on the faults of another?
- Have I been jealous or envious of anyone?
- Have I had or attempted to have an abortion or counseled anyone else to do so?
- Have I practiced or counseled others to use artificial insemination (IVF)?
- Have I mutilated my body unnecessarily in any way? (e.g., sterilization).
- Have I entertained thoughts of suicide, desired or attempted to commit suicide?

- Have I become drunk, used illicit drugs, abused prescription drugs?
- Have I overeaten or do I neglect to eat properly (i.e., nutritious foods)?
- Have I corrected others harshly, without charity?
- Have I harmed anyone's soul, especially children, through bad example?
- Have I harmed my own soul by intentionally and without necessity exposing it to temptations (e.g., bad TV and movies, bad music, beaches, etc.)?
- Have I followed the directives of the Church when making my "living will"?

**SIXTH AND NINTH COMMANDMENTS: Thou shalt not commit adultery. Thou shalt not covet thy neighbor's wife.**

- Have I denied my spouse his or her marriage rights or abused these rights in any other way?
- Have I practiced birth control in any way?
- Have I committed adultery or fornication?
- Have I committed any unnatural sin against purity (e.g., sins of Sodom and Gomorrah)?
- Have I embraced another impurely or aroused the passions of another (e.g., passionate kissing or touching)?
- Have I sinned impurely by myself?
- Have I entertained or taken pleasure in impure thoughts?
- Have I read indecent literature or looked at impure images?
- Have I watched suggestive or impure movies, TV, internet or permitted my children to do so?
- Have I attended immodest dances or indecent plays?
- Have I been an occasion of sin for others deliberately or through carelessness (e.g., immodest clothing, indecent language, obscene jokes and stories)? (*"Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden."* – Catechism 2521. *Our Lady of Fatima: "Certain fashions will be introduced that will offend My Son very much!"*)
- Have I willingly listened to impure stories?

Have I boasted of my sins or taken delight in past sins?  
 Have I consented to impure glances?  
 Have I avoided laziness, gluttony, idleness, and the occasions of impurity?  
 Have I been in lewd company?  
 Have I dated someone civilly divorced but still married in the eyes of the Church?  
 Have I unnecessarily remained alone in the company of someone of the opposite sex?

**SEVENTH AND TENTH COMMANDMENTS: Thou shalt not steal. Thou shalt not covet thy neighbor's goods.**

Have I stolen anything? What or how much?  
 Have I damaged anyone's property?  
 Have I negligently spoiled anyone's property?  
 Have I been negligent in the stewardship of other people's money or goods?  
 Have I cheated or defrauded others (e.g., charging exorbitant prices, concealing defects of goods offered for sale)?  
 Have I speculated or gambled excessively?  
 Have I refused or neglected to pay debts?  
 Have I acquired anything known to be stolen?  
 Have I failed to return things borrowed?  
 Have I borrowed something without permission of the owner?  
 Have I cheated my employer of an honest day's work?  
 Have I cheated my employees of their wages?  
 Have I refused or neglected to help anyone in urgent need?  
 Have I accepted bribes?  
 Have I failed to make restitution for stolen goods? (*Ask the priest how to go about making restitution, that is, returning to the owner what you unjustly took from him.*)  
 Have I been envious of another's goods?  
 Have I flaunted my wealth or good fortune?  
 Have I been stingy, grasping and avaricious, placing too great importance upon material goods and comforts? Is my heart set on earthly possessions or on the true treasures of Heaven?

**EIGHTH COMMANDMENT: Thou shalt not bear false witness against thy neighbor.**

Have I lied about anyone (calumny)?  
 Have my lies caused them any material or spiritual harm?  
 Have I rashly judged anyone (i.e. believed firmly, without sufficient evidence, that they are guilty of a moral defect or crime)?  
 Have I injured the good name of another by revealing true but hidden faults or sins unnecessarily (detraction)?  
 Have I unjustly read the private documents of others?  
 Have I disclosed another's secrets? Have I been guilty of tale bearing (i.e. reporting something unfavorable said of someone by another to create enmity between them)?  
 Have I lent an ear to or encouraged the spreading of scandal about my neighbor?  
 Have I taken false oaths or signed false documents?  
 Have I cheated on tests, reports or school-work?  
 Have I falsified documents (e.g. insurance claims)?  
 Am I, without necessity, critical, negative or ever uncharitable in my talk?  
 Have I flattered others?  
 Have I boasted of or exaggerated my accomplishments?

**THE SIX PRECEPTS OF THE CHURCH**

1. Have I heard Mass on Sundays and Holy Days of obligation?
2. Have I fasted and abstained on the days appointed and have I kept the Eucharistic fast?
3. Have I confessed at least once a year?
4. Have I received the Holy Eucharist at least once in the year (i.e., Easter Duty – 1st Sunday of Lent to Trinity Sunday)?
5. Have I contributed as far as I must to the support of the Church?
6. Have I observed the laws of the Church concerning Marriage? (Was I married in a Catholic church with a priest present? Have I attended the non-Catholic wedding of any Catholic?)

**NINE WAYS OF BEING AN ACCESSORY**

Have I co-operated in the sins of others by:  
 1) counsel, 2) command, 3) consent, 4) provocation, 5) praise or flattery, 6) concealment, 7) partaking, 8) silence, 9) defense of the ill done?

**HOW TO GO TO CONFESSION**

Enter the confessional and kneel down. Wait for the priest to begin, and then say, "*Bless me, father, for I have sinned. It has been* [number of days/weeks/months/years] *since my last confession.*" You may also tell him your state in life, e.g., "*I am a married man with children,*" then say: "*These are my sins...*"

- List the kind and number (how many times) for each moral sin, to the best of your ability; if you cannot remember the exact number, try to describe the frequency ("*This many times a month for this many years*").
- You may also describe the types of venial sins you have committed, but do not need to specify the number.

Close with these or similar words: "*For these, and for all the sins of my past life, I am sincerely sorry.*"

Answer honestly any questions the priest may ask you and listen carefully to any advice he gives you.

The priest then gives you a penance to perform; if you don't understand or can't fulfill it, tell the priest.

**Then recite the Act of Contrition:**

*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 I have offended Thee, my God, who are good and deserving of all my love. I firmly resolve, with the help of Thy grace, to do penance, to avoid the occasions of sin, and to amend my life. Amen.*

**AN ADULT EXAMINATION OF CONSCIENCE**

**How to Confess:** First examine your conscience well, then tell the priest the specific kind of sins you have committed and, to the best of your ability, how many times you have committed them since your last good confession. If you are in doubt about whether a sin is mortal or venial, mention your doubt to the confessor. *A mortal sin involves a serious matter in which there is sufficient reflection and is committed with full consent of the will.* Remember that although you are not obliged to confess venial sins, doing so is very helpful for avoiding sin and advancing toward Heaven. Confess your sins with supernatural sorrow, a firm purpose not to sin again and to avoid the near occasions of sin. Ask your confessor to help you with any difficulties you have in making a good confession. Say your penance promptly.

**Preliminary Considerations:**

1. Have I ever deliberately failed to confess a past mortal sin, or have I willfully disguised or hidden such a sin?  
**Note:** *The deliberate concealing of a mortal sin invalidates one's confession and makes the person guilty of another mortal sin.*
2. Have I been guilty of irreverence for this sacrament by failing to examine my conscience carefully or having the necessary sorrow for sin?
3. Have I failed to do the assigned penance?
4. Have I any habits of serious sin? (e.g. impurity, drunkenness, etc.). **Note:** *These may require **delayed absolution** to conquer.*
5. Am I willing to separate myself from any person or thing in my life that regularly leads me into serious sin?

*"The sins we try to hide, always reappear. To hide one's sins well, one must confess them well" – St. Jean Vianney.*