

# Examination of Conscience

## **1. I am the Lord your God, you shall have no other gods besides me.**

- Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves?
- Did I fail to pray?
- Have I doubted or denied my faith?
- Do I make a god out of my work, my possessions, or my image in the eyes of others so that these rule my life instead of God?
- Have I been involved with magic, horoscopes, Ouija boards, or fortune telling?

## **2. You shall not take the name of the Lord your God in vain.**

- Did I curse, swear, or use foul language?
- Did I use God's name in vain, lightly, carelessly, by blasphemy?
- Have I passively listened to slander and to jokes demeaning to the Church or God?

## **3. Remember to keep holy the Lord's Day.**

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Did I leave Mass early without a good reason?
- Have I been to communion at least once a year?
- Did I receive Holy Communion in the state of mortal sin?
- Have I allowed myself to become so dominated by my work and chores that I have not set aside Sunday for spiritual and family activities?

## **4. Honor your father and mother.**

- Did I honor and obey my parents?
- Did I respect others with lawful authority (teachers, coaches, priests)?
- Have I talked back?
- Did I fail to help at home or spend time with my family?
- Do I blame my parents for my shortcomings?

## **5. You shall not kill.**

- Did I give into feelings of anger or jealousy?
- Did I keep hatred in my heart?
- Have I ever struck anyone in anger, intending to injure the person?
- Did I fight, give a bad example, or cause scandal?
- Have I abused alcohol or drugs?
- Have I had or in any way permitted or encouraged abortion?
- Have I killed someone?
- Have I killed someone with gossip or by what I said?

## **6. You shall not commit adultery.**

- Did I consent to impure glances? Passionate kissing? Sinful touches?
- Did I give into impure thoughts or fantasies?
- Was I immodest in dress or behavior?
- Did I look at pornography, impure books, magazines, or videos?
- Am I guilty of impure acts with myself or with others (masturbation, premarital sex)?
- Do I avoid laziness, gluttony, idleness, and occasions of impurity?

## **7. You shall not steal.**

- Have I stolen what is not mine? What or how much? Did I return it or make up for what I have stolen?
- Have I cheated on tests or homework?
- Did I waste time at work?
- Have I been extravagant in my manner of life, to the neglect of the poor?

## **8. You shall not bear false witness against your neighbor.**

- Have I lied? Gossiped? Talked about another person behind their back?
- Do I always tell the truth?
- Did I reveal secrets that should have been kept confidential?
- Did I lie or deliberately conceal a sin from the priest in a previous confession?
- Am I critical, negative, or uncharitable in my talk?
- Have I injured the reputation of others by speaking about their failures and sins with little desire or intention to help them?
- Have I condoned prejudice and hatred toward people of other nationalities, races, or religions?

## **9. You shall not covet your neighbor's partner.**

- Have I consented to impure thoughts?
- Have I encouraged them by stares, curiosity, or impure conversations?
- Did I neglect to control my imagination or desire of other people?
- Have I rejected my family in my heart, wishing to distance myself emotionally and personally from them?

## **10. You shall not covet your neighbor's goods.**

- Is my heart greedy?
- Am I jealous of what another person has?
- Am I envious of others because I don't have what they have?
- Do I habitually compare myself with others?
- Is my heart set on earthly possessions or on treasures in Heaven?

# Guide to Confession

## Examine your Conscience

Using the previous page, reflect on what sins you have committed. It may be helpful to make a list to bring into the confessional.

## Introduction

When you go into the confessional, make the sign of the cross then say:

**"Bless me Father for I have sinned, It has been \_\_\_\_\_ since my last confession."**

## Say your Sins

List the sins you have committed. Be sure to name all mortal sins.

If you are unsure if something is a sin, you can ask the priest. When you have named all your sins, the priest may talk with you and give you some advice.

## Penance

The priest will then tell you something to do or pray as a response to God's mercy.

Be sure to listen and remember!

## Act of Contrition

The priest will ask you to pray your Act of Contrition, demonstrating your sorrow for your sins:

**"O my God, I am heartily sorry for having offended you and I detest all my sins because of your just punishment but most of all because they offend you my God, who are all good and deserving of all my love. I firmly resolve with the help of thy grace to sin no more and avoid the near occasion of sin. Amen."**

## Absolution

One of the most important moments of this sacrament - when the priest extends his hands in your direction and prays the prayer of absolution. This prayer, through the power of the Holy Trinity, forgives all your sins and cleanses your soul. Respond with "**Amen**" and thank the priest before leaving.

## Do your Penance and Be Freed!

Be sure to go out and do your penance and thank God for His Love and Mercy.