

Guide for Examination of Conscience for Confession of Sins

FIRST COMMANDMENT - "I am the Lord your God. You shall not have false gods before Me."

(Ex 20:2,3)

Did I doubt or deny that God exists? Did I give time to God each day in prayer?

Did I love God with my whole heart? Did I despair of or presume on God's mercy?

Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, fame, pleasure, property, etc.? Did I believe in fortune telling, horoscopes, the occult, tarot cards, palmistry, Ouija boards, seances, reincarnation?

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 take God's name carelessly or uselessly?

Did I curse, or break an oath or vow?

THIRD COMMANDMENT - "Remember to keep holy the Sabbath Day." (Ex 20:8)

Did I miss Mass on Sunday or a Holy Day of Obligation through my own fault?

Did I do work on Sunday that was not necessary? Did I set aside Sunday as a day of rest for my family?

Did I fulfill my responsibilities during Lent (Fasting and Abstinence)? Did I go to Holy Communion in a state of mortal sin?

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 actively take an interest in the religious education and formation of my children?

Did I care for my aged and infirm relatives?

Did I give a full day's work for a full day's pay? Did I 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 abuse anyone?

Did I have an abortion, or advise someone else to have an abortion?

Did I attempt suicide? Did I take part in or approve of "mercy killing" (euthanasia)?

Did I get angry, impatient, envious, or jealous? Was I unkind, proud, revengeful, hateful toward another, lazy?

Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?

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

Did I respect all people, or have I thought of or treated others as objects?

Did I willfully entertain impure thoughts or desires? Did I use impure or suggestive words? Tell impure stories? Listen to them? Did I deliberately look at pornography or other impure images?

Did I commit adultery, fornication or masturbation?

SEVENTH & EIGHTH COMMANDMENTS - "You shall not steal." (Ex 20:15) "You shall not bear false witness against your neighbor." (Ex 20:16)

Did I steal, cheat, help or encourage others to steal or keep stolen goods? Have I made restitution for anything that I stole? Did I fulfill my contracts; give or accept bribes; rashly gamble; deprive my family of the necessities of life? Did I waste time at work, school or at home? Did I lie? Did I 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?

TENTH COMMANDMENT - "You shall not covet your neighbor's goods." (Ex 20:17)

Was I envious or jealous of other people's families or possessions? Did I make material possessions the purpose of my life? Am I thankful for what I have? Am I greedy or selfish?

ACT OF CONTRITION

O my God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to good, I have sinned against You, whom I should love above all things. I firmly intend, with the help of Your grace, to sin no more and to avoid whatever leads me to sin. Our Savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy. Amen