

7. You shall not steal.
- Have I stolen anything?
 - Have I deliberately damaged anyone's property?
 - Have I cheated or defrauded other?
 - Have I neglected to pay any debts?
 - Have I neglected my duties or been slothful in my work?
 - Have I refused or neglected to help anyone in urgent necessity?
 - Have I failed to make restitution?

8. You shall not bear false witness against your neighbor.
- Have I lied about anyone (calumny)?
 - Have I rash judged anyone of a serious sin?
 - Have I engaged in gossip (detraction) or spread scandal?
 - Have I lent an ear to scandal about my neighbor?
 - Have I been jealous or envious of anyone?

9. You shall not covet your neighbor's wife.
- Have I harbored lustful desires for anyone?
 - Have I indulged in other impure thoughts?
 - Have I failed to dress modestly?
 - Have I done anything to provoke or occasion impure thoughts in others?
 - Have I read indecent literature or looked at indecent pictures?
 - Have I watched suggestive films or programs?
 - Have I permitted my children or others under my charge to do these things?

- Have I used indecent language or told indecent stories?
- Have I willingly listened to such stories?

10. You shall not covet your neighbor's goods.
- Have I been envious of another's possessions or successes?

Receiving the Sacrament of Reconciliation

Make the Sign of the Cross

Say, "Bless me father, for I have sinned. I am (a married man, single, wife and mother) and it has been (HOW LONG) since my last confession.

State the number and type of each sin. If you don't know the exact number of times that you committed a particular sin you should indicate approximately how many times.

When you're done tell the priest, "Those are the sins I remember and I am sorry for them and all of my sins."

At the priest's request say an act of contrition, such as...

Oh my God. I am heartily sorry for offending Thee. 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 go forth and sin no more and to avoid the near occasion of sin. Amen.

After the priest gives you absolution, thank him for hearing your confession.

Examination of Conscience



This brochure provides an examination of conscience, focusing on the more serious offenses that individuals can make.

Preparing for Confession

Begin your preparation for Confession with prayer. Ask God to help you to

- have true sorrow for your sins, chiefly because they offend God
- make a good examination of conscience so that you will know your chief sins, the number of times that you committed them, and affecting their severity
- make a firm resolve to sin no more

Examination of Conscience

- Have I ever failed to confess a serious sin or disguised it?
- Have I failed to examine my conscience carefully?
- Have I failed to perform the penance given me by the confessor or disobeyed any of his directions?
- Have I neglected the Easter duty of receiving Holy Communion or failed to confess my sins within a year?
- Have I any HABITS of serious sin to confess first (impurity, drunkenness, etc.)?

Ten Commandments

1. I am the LORD your God: you shall not have strange Gods before me.
 - Have I neglected praying or studying my faith?
 - Have I willfully doubted or denied any of the teachings of the Church (heresy)?
 - Have I taken active part in any non-Catholic worship?
 - Am I a member of any anti-Catholic organization?

- Have I knowingly read any anti-Catholic literature?
- Have I practiced any superstitions (horoscopes, fortune tellers, etc.)?

2. You shall not take the name of the LORD your God in vain.
 - Have I used God's name in vain by way of profanity?
 - Have I murmured or complained against God (blasphemy)?
 - Have I maligned priests or others consecrated to God?
 - Have I sworn by God's name (oath) either falsely or rashly?
3. Remember to keep holy the LORD'S Day.
 - Have I missed Mass on Sundays or holy days through my fault?
 - Have I been late for Mass through my own negligence?
 - Have I been inattentive at Mass or otherwise failed in reverence for the Most Blessed Sacrament?
 - Have I done unnecessary servile work (physical labor) or shopping on Sunday?
 - Have I eaten meat on Friday's during Lent or on Ash Wednesday?
4. Honor your father and your mother.
 - Have I been disrespectful to my parents or neglected them?
 - Have I failed in obedience or reverence to others in authority?
 - Have I prayed and offered sacrifices for my parents?
 - Have I mistreated my wife 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 or their proper religious instruction?
- Have I allowed them to neglect their religious duties?
- Have I tolerated their keeping questionable company or improper associations with members of the opposite sex?
- Have I failed to discipline them?
- Have I given bad them example?
- Have I interfered with their freedom to marry or follow a religious vocation?

5. You shall not kill.
 - Have I obtained or assisted someone in obtaining an abortion?
 - Have I injured anyone?
 - Have I cursed anyone or otherwise wished evil on him?
 - Have I taken pleasure in anyone's misfortune?
 - Is there anyone to whom I harbor ill will?
6. You shall not commit adultery.
 - Have I committed adultery or fornication?
 - Have I touched or embraced another impurely?
 - Have I sinned with others of the same sex?
 - Have I committed?
 - Have I denied my spouse his or her marriage rights?
 - Have I practiced artificial birth control?
 - Have I abused my marriage rights in any other way?