

Examination of Conscience

First Commandment:

- Are there any other gods in my life? Money, security, power, people, possessions, hobbies or “false teachers?”
- Do I give time to God everyday in prayer?
- Do I always seek God’s will in my life, including holiness and virtue?
- Did a seriously doubt a matter of my Catholic faith? Have I taken the steps to properly inform my conscience?
- Do I read materials, or join organizations that are contrary to Catholic faith or morals?
- Have I profaned a sacred person, place or thing?
- Have I engaged in superstitious or occult activity?
- Do I fast for one hour prior to The Eucharist?
- Have I received the sacraments unworthily, knowing I am in a state of mortal sin or without the proper disposition?

Second Commandment:

- Have I used God’s name in vain, even carelessly?
- Have I spoken about the Church, Saints, or sacred things with irreverence, hatred or defiance?
- Have I wished evil on another person?
- Have I participated as a sponsor or received Communion in ceremonies outside of the Catholic Church?
- Did I lie under oath, or break a public or private vow?

Third Commandment:

- Have I deliberately missed Holy Mass on Sundays or Holy Days of Obligation? Do I dress appropriately when there?
- Do I arrive at Mass late or leave early?
- Do I observe Sunday as a day of rest and family day?
- Do I allow myself to be distracted at Mass, looking around or daydreaming?
- Do I do work on Sunday that would prohibit proper worship due to God or appropriate relaxation of mind & body?
- Do I fast and abstain as prescribed by the Church?
- Do I give my time, talent & treasure to God appropriately?

Fourth Commandment: (

- Do I neglect to pray with my children, educate them in the Catholic faith and set an example of faith for them?
- Do I neglect to watch over, & monitor their companions, books, TV shows, movies, video games and internet activities? Do I

show that I care about their moral upbringing?

- Have I failed to see to it that my children receive their sacraments at the traditional ages & are prepared?
- Have I neglected duties to my spouse & children?
- Do I try to bring peace into my home life?

Fifth Commandment:

- Have I engaged in any physical or emotional violence?
- Have I ever endangered my life or someone else’s through reckless driving or any other way?
- Have I neglected my health, mutilated myself or another.
- Have I abused drugs or alcohol?
- Do I endanger my health by not eating right?
- Have I killed another person’s spirit through gossip, scandal, anger, resentment, hatred, unforgiveness, pity, envy, jealousy, insults, quarreling or unkind sarcasm?
- Have I caused scandal through my words or actions: telling racial, religious or sexually offensive jokes.; or through immodest dress or by promoting indecent movies, books, activities? Have I repaired scandal caused? Have I led anyone into sin? What sin/s?
- Have I engaged, in any way, (personal participation or encouraging others) in sins against human life, including: contraception, abortion, artificial insemination, in-vitro fertilization, any form of sterilization (tubal ligation or vasectomy) ?
- Have I supported euthanasia (mercy killing) in any way?
- Have I seriously considered or attempted suicide or murder?

Sixth & Ninth Commandments:

- Did I willfully entertain impure thoughts or conversations? Did I look for entertainment that placed me in proximate occasions of sin, including dances, movies, immoral books/magazines & internet sites, or any form of pornography?
- Have I been guilty of masturbation?
- Do I safeguard my purity through modesty and decency?
- Have I engaged in any non-marital sexual activity?
- Have I respected all members of the opposite sex, or have I thought of other people as mere objects?
- Have I been guilty of any homosexual activity?
- Do I seek a life of chastity even within marriage? Do I listen to music or jokes that are harmful to purity?

(for married people:)

- Have I betrayed marital fidelity?

- Did I, without serious reason, deprive my spouse of the marital act. Do I show concern for my spouse’s state of mind or health?
- Did I take the pill or any other artificial birth-control before or after life had been conceived?
- Have I restricted the marriage act to those times when generation is not feasible? Do I continue to use this method of birth control without serious reasons?
- Have I used the marital act just for self-gratification?
- Am I living in a valid & licit marriage according to the laws of the Catholic Church?

Seventh & Tenth Commandments:

- Have I stolen or destroyed what is not mine? Have I returned or made restitution for this? Have I cheated anyone out of what is justly theirs? Have I accepted stolen goods?
- Do I waste time/resources at work, school or home?
- Do I gamble excessively, denying my family’s needs??
- Do I spend money beyond my means? Do I pay my debts promptly?
- Do I seek to share what I have with the poor?
- Have I desired what other’s possess? Am I envious of my neighbor’s goods, did I desire to steal?
- Am I greedy, excessively materialistic, have an excessive love of comfort?

The Eighth Commandment:

- Have I deceived another by lying? Have I gossiped? Have I rashly accused others? Do I speak badly of others behind their back?
- Am I sincere in my dealings with others?
- Did I sin by calumny, that is, telling derogatory lies about other persons? Did I sin by detraction, that is, by telling the faults of another without necessity?
- Did I reveal a secret without due cause or break a confidence?
- Am I critical, negative, uncharitable or judgmental of others?

Remember

If you need help-especially if you have not received the Sacrament of Reconciliation for long time—simply ask the priest and he will help you walk through the steps to make a good confession.

The priest is Christ “in persona.”

What is necessary for a good confession?

Be truly sorry for your sins. Contrition is the most important act of the penitent, and is necessary for the reception of the sacrament of Penance. Contrition is sorrow of the soul and hatred for the sin committed, together with a resolution not to sin again, out of the love one has for God. CCC 1451

Genuine and authentic sorrow includes a resolution to avoid committing this sin again. The grace received from the sacrament of Confession, along with the intention to change your life will give you the strength to resist and overcome temptation.

Sorrow for sins-3 fundamental types, we should seek contrition

- Contrition-sorrow of Love, which springs from our hearts, because we have offended God whom we love so much.
- Attrition-sorrow of fear, which proceeds from the fear of the just punishment due
- Sorrow of pride, a sorrow rooted in a self-love which is wounded by our shortcomings. Seeking ourselves in a disordered desire for self-perfection.

Sin in my life

As a Catholic, I should make every attempt to be aware of and recognize sin in my daily actions, words and omissions. It is my responsibility to inform my conscience of what the Church teaches, as society has lost this sense of what is good and evil.

Original Sin-the weakening of our human nature due to the sin of Adam and Eve. Through Baptism, we receive a life of grace, which turns us back to God. However, the consequences of our weakened nature and our inclination to commit actual sin (mortal and venial) still persists.

Mortal Sin-A deadly offense against God, so horrible that it actually destroys the life of grace in the soul. 3 conditions must exist: 1.) very serious act against God 2.) person has full knowledge of what is being done 3.) person fully intends to commit this sin (freedom of will).

All mortal sin must be confessed in the Sacrament of Confession.

After Confession:

Always recognize and give thanks to God's love and Divine Mercy in forgiving you for your sins.

Resolve to return to the Sacrament often. It is a powerful way to heal our brokenness, and to grow in holiness and virtue.

How to go to Confession

Go into the confessional, you may either kneel at the screen or sit and talk face-to-face with the priest.

Begin by making the Sign of The Cross and saying:

"In the name of the Father, and of the Son, and of the Holy Spirit. Bless me Father for I have sinned, my last confession was ___ weeks/months/years ago."

Tell your sins to the priest, begin with the one/s that are most difficult to say. In order to make a good Confession all mortal sins must be confessed. Confess all the sins you remember since your last good confession.

Conclude by saying: " I am sorry for these and all the sins of my past life."

Listen to the words of the priest. He may give guidance or counseling and will assign a penance.

When invited, express a prayer of sorrow or Act of Contrition.

An Act of Contrition

O my God, I am heartily sorry for having offended you 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 you, O my God, who are all good and deserving of my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen

Listen to the words of absolution, the sacramental forgiveness of the Church through the ordained Priest. Make the sign of the cross during the blessing. Upon receiving absolution, our sins-and the punishment due-are pardoned by God. However, it often happens that our disposition is not perfect, in this case our sins are forgiven, but we are not granted total remission of punishment due.

Thank the priest, before you leave.

Do your penance as soon as possible.

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A Guide for Confession for Adults

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*A good confession begins with
a contrite heart, returning to God
like the "prodigal son."*



"To those who have been far away from the sacrament of Reconciliation and forgiving love, I make this appeal: Come back to this source of grace, do not be afraid! Christ himself is waiting for you. He will heal you, and you will be at peace with God!"

Pope John Paul II