

Guide to Confession Examination of Conscience

Preliminary Consideration:

1. Have I any habits of serious sin to confess first (e.g. impurity, drunkenness, etc.)?

First Commandment: I am the Lord thy God. Thou shalt not have strange gods before Me. (Including sins against Faith, Hope and Charity)

1. Have I neglected the knowledge of my faith as taught in the catechism, such as the Apostles' Creed, the Ten Commandments, the Seven Sacraments, the Our Father, etc.?
2. Have I deliberately doubted or denied any of the teachings of the Church?
3. Have I taken part in any non-Catholic worship?
4. Am I a member of any non-Catholic religious organization, secret society or anti-Catholic group?
5. Have I knowingly read any heretical, blasphemous or anti-Catholic literature?
6. Have I practiced any superstitions (such as horoscopes, fortune telling, Ouija board, etc.)?
7. Have I omitted religious duties or practices Because of what people thought of me?
8. Have I been faithful to prayer?
9. Have I abused the Sacraments in any way? Received them irreverently...received communion as if it didn't matter or in the state of sin
10. Have I made fun of God, The Blessed Virgin Mary, the Saints, the Church, the Sacraments, other holy things?
11. Have I been guilty of great irreverence in church, e.g., conversation, behavior, or dress?
12. Have I been indifferent with regard to my Catholic Faith — believing one can be saved in any religion, that all religions are equal?
13. Have I presumed on God's mercy at any time, thinking I can go ahead and sin and God will forgive me no matter what?
14. Have I hated God?
15. Have I given too much importance to any creature, activity, object or opinion?
16. Did I put work before God
17. Did I put any other created thing before God

Second Commandment: Thou shalt not take the name of the Lord thy God in vain.

1. Have I used God's Name in Vain
2. Have I made crude jokes and mocked the faith
3. Have I made fun of others for their love of God

Third Commandment: Remember that thou keep holy the Sabbath day.

1. Have I missed Mass on Sundays or Holy Days of obligation?
2. Have I been late for Mass on Sundays or Holy Days of obligation or left early through my own fault?
3. Have I made others miss Mass on Sundays or Holy Days of obligation, leave early or be late for Mass?
4. Have I been willfully distracted during Mass?
5. Have I done or commanded unnecessary work on Sunday or Holy Days of Obligation?
6. Have I bought or sold things not of necessity on Sunday and Holy Days of obligation?

Fourth Commandment: Honor thy father and thy mother.

1. 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?
2. Have I shown irreverence to others in positions of authority?
3. Have I criticized or insulted priests or others consecrated to God?
4. Have I failed in due reverence to aged persons?
5. Have I mistreated my spouse or my children?
6. Have I been disobedient or disrespectful to my husband or wife?
7. Regarding my children:

Have I neglected their material needs?

Have I failed to care for their early baptism?

Have I failed to care for their proper religious education?

Have I allowed them to neglect their religious duties?

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 by arguing with my spouse in front of my children?

Have I scandalized them by cursing or swearing in front of them?

Fifth Commandment: Thou shalt not kill.

1. Have I procured, desired, or hastened the death or bodily injury of anyone?
2. Have I hated anyone?
3. Have I oppressed anyone?
4. Have I desired revenge?
5. Have I caused hostility between others?
6. Have I quarreled or fought with anyone?
7. Have I wished evil on anyone?
8. Have I intended or attempted to injure or mistreat others?
9. Is there anyone with whom I refuse to speak, or against whom I bear a grudge?
10. Have I taken pleasure in anyone's misfortunes?
11. Have I been jealous or envious of anyone?
12. Have I had or attempted to have an abortion or counseled anyone else to do so?
13. Have I mutilated my body unnecessarily in any way?
14. Have I entertained thoughts of suicide, desired to commit suicide or attempted suicide?
15. Have I become drunk, used illicit drugs?
16. Have I overeaten or do I neglect to eat properly?
17. Have I failed to correct in Love?
18. Have I harmed anyone's soul, especially children, by giving scandal through bad example?
19. Have I harmed my own soul by intentionally and without necessity exposing it to temptations, e.g.: bad TV, bad music, pornography, strip clubs

Sixth and Ninth Commandments: Thou shalt not commit adultery. Thou shalt not covet thy neighbor's wife.

1. Have I denied my spouse his or her marriage rights?
2. Have I practiced birth control (by pills, condoms, devices, withdrawal)?
3. Have I abused my marriage rights in any other way?
4. Have I committed adultery or fornication (including oral sex, intercourse, impure touching)?
5. Have I committed any unnatural sin against purity (homosexuality or lesbianism, etc.)?
6. Have I ever solicited a prostitute

7. Have I sinned impurely by myself (masturbation)?
8. Have I entertained or taken pleasure in impure thoughts?
9. Have I indulged in lustful desires for anyone, or willfully desired to see or do anything impure?
10. Have I willfully indulged in any sexual pleasure whether complete or incomplete?
11. Have I done anything to provoke or occasion impure thoughts or desires in others deliberately or through carelessness?
12. Have I read indecent literature or looked at bad pictures?
13. Have I watched suggestive movies, TV programs, or Internet pornography or permitted my children to do so?
14. Have I used indecent language or told indecent stories?
15. Have I willingly listened to such stories?
16. Have I boasted of my sins or taken delight in past sins?
17. Have I been in lewd company?
18. Have I consented to impure glances, lusting over women?
19. Have I prayed at once to banish such bad thoughts and temptations?
20. Have I avoided laziness, gluttony, idleness, and the occasions of impurity?
21. Have you committed bestiality...sexual contact with animals

Note Well: *Do not be afraid to tell the priest any impure sin you may have committed. Do not hide or try to disguise any such sin. The priest is there to help you and forgive you. Nothing you say will shock him, so do not be afraid, no matter how ashamed you might be.*

Seventh and Tenth Commandments: Thou shalt not steal. Thou shalt not covet thy neighbor's goods.

1. Have I stolen anything? What or how much?
2. Have I damaged anyone's property?
3. Have I negligently spoiled anyone's property?
4. Have I been negligent in the stewardship of other people's money or goods?
5. Have I cheated or defrauded others?
6. Have I gambled excessively?
7. Have I refused or neglected to pay any debts?
8. Have I acquired anything known to be stolen?
9. Have I failed to return things borrowed?
10. Have I cheated my employer of an honest day's work?
11. Have I cheated my employees of their wages?
12. Have I refused or neglected to help anyone in urgent need?
13. Have I failed to make restitution for my stealing, cheating and frauds? (*Ask the priest how to go about making restitution, that is, returning to the owner what you unjustly took from him/her.*)
14. Have I been envious of another because I don't have what he has?
15. Have I been jealous of what another has?
16. Have I been stingy?
17. Have I been 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?
18. Do I give money away to charity, others, or the Church

Eighth Commandment: Thou shalt not bear false witness against thy neighbor.

1. Have I lied about anyone to make them look bad?
2. Have my lies caused them any material or spiritual harm?
3. Have I rashly judged anyone (i.e. believed firmly, without sufficient evidence, that they are guilty of something bad)?
4. Have I injured the good name of another by revealing true but hidden faults (detraction)?
5. Have I disclosed another's sins?

6. Have I been guilty of talebearing, (i.e. reporting something unfavorable said of someone by another so as to create hatred between them)?
7. Have I lent an ear to or encouraged the spreading of lies about my neighbor?
8. Have I taken false oaths or signed false documents?
9. Am I, without necessity, critical, negative or ever uncharitable in my talk?

Have I in any way been guilty of Pride, the most dangerous of the Sins?

1. Boasting...making myself look better than I am
2. Have I concealed the truth and lied in order to look good
3. Duplicity...Have I been 2-faced...being a hypocrite
4. Have I been Ambitious, that is wanted to be the most important and done anything and everything to make sure that happens
5. Have I had Anger / Wanted Revenge / or nursed Resentment
6. Have I been Stubborn wanted only my way
7. Have I been Obstinate...not doing what's best for everyone but just for me

Have I been an Accessory to Another's Sin

- a. Have I knowingly caused others to sin?
- b. Have I co-operated in the sins of others:

1. By telling them to. 2. By command: forcing them to 3. By praise: Saying there the man for doing something bad. 4. By silence: That is by not stopping them when I knew it was wrong

Finally:

Have I received Holy Communion in the state of mortal sin?

Prayer for a Good Confession

O my God, by my grievous sins I have crucified again Thy Divine Son and made Him a mockery. For this I have deserved Thy wrath and made myself fit for the fires of hell. How ungrateful have I been to Thee as well, my heavenly Father, Who created me out of nothing, redeemed me by the precious Blood of Thy Son and sanctified me by Thy holy sacraments and by the Holy Ghost. But Thou hast spared me by Thy mercy, to make this confession. Receive me back as Thy prodigal son and grant me to confess well, that I may begin anew to love Thee with my whole heart and soul, and henceforth to keep Thy commandments and suffer patiently whatever temporal punishment may remain. I hope by Thy goodness and power to obtain everlasting life in Paradise. Through Jesus Christ, Our Lord. Amen.

A Final Note

Remember to confess your sins with supernatural sorrow as well as a firm resolution 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.

An 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 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 confess my sins, to do penance, and to amend my life. Amen