

## Examination of Conscience

“If your sins be as scarlet, they shall be made as white as snow.” (Isiah 1:18). “I am not come to call the just, but sinners.” (Matt. 9:13). **Prayer before Confession:** O Lord, grant me light to see myself as Thou dost see me, and the grace to be truly and effectively sorry for my sins. O Mary, help me to make a good confessions. **How to Confess:** First examine your conscience well, then tell the priest the specific kind of sins you have committed, and to the best of your ability, how many times you have committed them since your last good confessions.

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

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?

Have I deliberately doubted or denied any of the teachings of the Church?

Have I contributed as far as I must to the support of the Church

Have I been faithful to my daily prayers?

Have I made fun of God, Our Lady, the Saints, the Church, the Sacraments, other holy things?

Have I been indifferent with regard to my Catholic Faith---believing one can be saved in religion, that all religions are equal?

Have I presumed on God's mercy at any time?

Have I despaired of God's mercy? Have I hated God?

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

Have I sworn by God's name falsely, rashly, or in slight and trivial matters? Have I murmured or complained against God (Blasphemy)?

Have I cursed myself or others, or any creature? Have I angered others so as to make them swear or blaspheme God?

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

Have I missed Mass on Sundays or Holy Days of obligation?

Have I fasted and abstained on the days appointed and have I kept the Eucharistic fast?

Have I been late for Mass on Sundays or Holy Days of obligation or left early through my own fault?

Have I been willfully distracted during Mass?

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

Have I done or commanded unnecessary servile work on Sunday or Holy Days of Obligation?

### **Fourth Commandment: Honor thy father and thy mother**

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?

Have I shown irreverence to others in positions of authority?

Have I maligned or insulted priests or others consecrated to God?

Have I failed in due reverence to aged persons?

Have I mistreated my spouse 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 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 them?

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

Have I guarded modesty in the home?

### **Fifth Commandment: Thou shalt not kill. Have I procured, desired, or hastened the death or bodily injury of anyone?**

Have I borne hatred? Have I oppressed anyone?

Have I desired revenge? Have I caused enmity between others?

Have I quarreled or fought with anyone?

Have I wished evil on anyone?  
Have I intended or attempted to injure or mistreat others?  
Is there anyone I refuse to speak to or against whom I hold a grudge?  
Have I taken pleasure in anyone's misfortunes?  
Have I been jealous or envious of anyone?  
Have I had or attempted to have an abortion or counseled anyone else to do so? Have I mutilated my body unnecessarily in any way?  
Have I entertained thoughts of suicide, desired to commit suicide, or attempted suicide?  
Have I become drunk, used illicit drugs?  
Have I overeaten or do I neglect to eat properly, i.e., nutritious foods?  
Have I failed to correct in Charity?  
Have I harmed anyone's soul, especially children, by giving scandal through bad example?  
Have I harmed my own soul by intentionally and without necessity exposing it to temptations, e.g.: bad tv, bad, music, bad movies?

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

Have I denied my spouse his or her marriage rights?  
Have I practiced birth control (by pills, devices, withdrawal)?  
Have I abused my marriage rights in any other way?  
Have I committed adultery or fornication (premarital sex)?  
Have I touched or embraced another impurely?  
Have I sinned impurely by myself (masturbation)?  
Have I entertained or taken pleasure in impure thoughts?  
Have I willfully indulged in any sexual pleasure whether complete or incomplete?  
Have I been an occasion of sin for others by wearing tight or otherwise revealing and immodest clothing?  
Have I done anything to provoke or occasion impure thoughts or desires in others deliberately or through carelessness?  
Have I read indecent literature or looked at bad pictures?  
Have I used indecent language or told indecent stories?  
Have I willingly listened to such stories?  
Have I attended immodest dances or indecent plays?

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

Have I stolen anything? What how much?  
Have I damaged anyone's property?  
Have I cheated or defrauded others?  
Have I gambled excessively? Have I refused or neglected to pay any debts? Have I acquired anything known to be stolen?  
Have I failed to return things borrowed?  
Have I cheated my employer of an honest day's work?  
Have I cheated my employees of their wages?  
Have I refused or neglected to help anyone in urgent need?  
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 have unjustly taken from them)  
Have I been envious of another because I don't have what he has?  
Have I been jealous of what another has?  
**Have I failed:** To feed the hungry. 2. To give drink to the thirsty. 3. Clothe the naked/ 4. To visit and ransom the captives. 5. To harbor the harborless. 6. To visit the sick. 7. To bury the dead?

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

Have I lied about anyone?  
Have my lies caused them any material or spiritual harm?  
Have I rashly judged anyone?  
Have I injured the good name of another by revealing true but hidden faults?  
Have I disclosed another's sins? Have I been guilty of tale bearing, (i.e. reporting something unfavorable said of someone by another so as to create enmity between them)?