

EXAMINATION OF CONSCIENCE

FIRST COMMANDMENT: RELATIONSHIP • Do I put anything before God? (Family, friends, boyfriend, girlfriend, career, sports, my looks, my health, my future, studies, money, music, the opinion others have of me?) • Do I make a strange god out of alcohol, sex, television, video games, the computer, email, the telephone? • What areas of my life are lacking in trusting God? • Do I doubt God's power to love and forgive me? • Do I pray on a regular basis? • Do I try to keep God first in my life?

SECOND COMMANDMENT: MOUTH • Do I take God's name in vain? • Do I curse and use foul language? • Have I offended God's name by disrespecting the name and reputation of some of His children? • Do I talk one way in front of one group of people and a different way in front of others? • How do I publicly speak about God? • Do I curse others?

THIRD COMMANDMENT: WORSHIP • *Do I go to Church every Sunday?* • *Have I missed Mass on any Holy Days of Obligation?* • *Have I received holy communion in the state of mortal sin?* • Do I know when they are? • Do I do anything special or extra on Sunday to make it the Lord's day, not mine?

FOURTH COMMANDMENT: PARENTS • Do I honor and respect my parents, even if I don't always get along with them? • Even if I don't like them, do I still respect and honor them – even if it's "only" for the gift of life that God gave to me through them? • If my parents are divorced, have I sinned due to uncontrollable anger or frustration? • Have I been so attached to my parents that I put them before God? • Do I respect the elderly?

FIFTH COMMANDMENT: ANGER • Does anger or hate have a grip on me? Why? • Do I have violent thoughts toward others or myself? • Have I ever physically hurt or attempted to hurt someone? • Have I ever thought of killing anybody? • Have I ever thought about or attempted to take my own life? • *Did I ever have an abortion or assist someone else in one?* • *Have I used Plan B or the Morning After Pill?* • Have I corrected someone without kindness and compassion? • *Have I done violence to my body by drinking alcohol to excess or using drugs?* • *Have I used illegal drugs or abused prescription drugs?* • Have I done violence to my body by eating too much food or the wrong food, reckless driving, or taking foolish and dangerous risks? • *Have I received Communion in the state of mortal sin?*

SIXTH COMMANDMENT: SEX • Have I entertained impure thoughts without praying for help? • *Have I acted on those thoughts with myself? (masturbation)* • *Am I sexually active in any kind of way, outside the sacrament of marriage?* • *Do I engage in premarital sex, fornication?* • *Do I look at pornography? (magazines, videos, internet, etc.)* • *Do I use a form of artificial contraception? (IUD, the pill, condom, contraceptive implant, etc.)* • Do I engage in lustful looks and thoughts? • Do I engage in passionate kissing? • *Do I engage in sinful touching (fondling below the neck)?* • Do I love myself in a selfish way? • Do I have respect for the same and opposite sex? • Have I been immodest in my dress and choice of entertainment? • Have I been disrespectful of people who struggle with homosexual feelings and are trying to live a chaste life? • Am I obsessed with my body and not my soul?

SEVENTH COMMANDMENT: STEALING • Have I taken anything that is not mine? • Have I cheated at school? • Have I stolen from work, including time? • Am I honest with my responsibilities? • Am I generous in sharing with others – my time, talents, and possessions? • Have I stolen time from God due to spiritual laziness? • Do I accept that all I have is a gift from God? • Am I grateful?

EIGHTH COMMANDMENT: LYING • Do I lie? If so, how often? • Do I think that "small" lies are ok? • Do I confess all the lies – big and small? • Do I lie out of convenience? • Am I afraid to tell the truth? • Do I distort the truth to put others down or build myself up? • Do I rashly judge others? • Do I give others the benefit of the doubt? • Do I gossip and talk about others behind their back? • Have I been deceitful or double? • Are there things in my life that I am hiding from others?

NINTH COMMANDMENT: ENVY • Am I jealous of others' gifts or talents? Relationships? • Am I envious of someone's body, looks, gifts, talents, etc? • Do I appreciate and take care of myself? • Am I grateful for the person God made me? • Do I hate my body and myself? • Do I let my imagination run wild in a sinful way? • Do I believe God is calling me to holiness? • Do I understand the gift God has given me through my Baptism?

TENTH COMMANDMENT: GREED • Do I dwell too much on material possessions? • Do I value things over people? Spiritual over material? • Do I think money will bring me happiness? • Am I content with what I have? • Do I share generously with others? • Do I desire to go to heaven and see that as my true treasure?

Sins considered grave matter as a part of a mortal sin are in *italics* and should be confessed in number/frequency and kind.

Based on "10 Commandments Exam for Young Adults"
by Fr. Stan Fortuna, O.F.M.

GUIDE TO CONFESSION

The priest will greet the penitent and welcome them to the celebration of the Sacrament of Penance.

Penitent: “In the name of the Father...”

Priest: Amen.

Penitent: “Bless me father for I have sinned. It has been [name time] since my last confession, and these are my sins...”

Confession of Sins

{Here, we should name all our mortal sins of which we are aware after a deep examination of conscience.

All mortal sins need to be confessed in kind and in number/frequency. For example, if someone has missed Mass on Sundays or Holy Days five times through one’s own fault, then one needs to mention that he has missed Mass on Sundays five times rather than saying: “I have missed Mass on Sundays.” It is not necessary to confess venial sins but it is recommended for a more thorough confession. For more information: Cf. *Catechism of the Catholic Church* nn. 1455-1458.}

The priest may give some brief counsel. He will then give a penance after which he will ask the penitent to make an act of contrition.

Act of Contrition

My God,

I am sorry for my sins with all my heart.

**In choosing to do wrong
and failing to do good,**

**I have sinned against you
whom I should love above all things.**

**I firmly intend, with your help,
to do penance, 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.

or

**O my God, I am heartily sorry
for having offended You
and I detest all my sins
because of your just punishments.**

**But most of all, because they offend You, my God,
Who are all good and deserving of all my love.
I firmly resolve, with the help of Your grace,
to confess my sins, to do penance,
and to amend my life.**

or

**Lord Jesus Christ, Son of the living God,
have mercy on me a sinner.**

{This is an example only, but feel free to use it if you desire. Any similar words which express remorse for sin and desire to amend one’s life are sufficient.}

The priest will pronounce the following words of absolution:

“God the Father of mercies, through the death and resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church, may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.”

Penitent: Amen.

Priest: Give thanks to the Lord, for he is good.

Penitent: His mercy endures forever.

{There are other forms which may be used.}

The priest farewells the penitent who then goes off to carry out the penance given.