

## EXAMINATION OF CONSCIENCE

In order to make a good confession, it's important to take time to do an examination of conscience. An examination is designed to help you recall anything and everything you've done that violated God's commandments, times when you failed to love God and others with your whole mind, heart, and strength.

Take some time to pray through the following questions, and give the Holy Spirit permission to reveal to your heart all those ways that you've fallen short of how God is calling you to live.

Spend some time repenting for your sins in your heart and preparing yourself to confess your sins during the sacrament of confession.

### **First and Second Commandments**

"I am the LORD your God. You shall worship the Lord your God and him only shall you serve." "You shall not take the name of the Lord your God in vain." Do you blaspheme the name of God with your words and insults? Do you curse or use foul language against God or neighbor?

### **Third Commandment**

"Remember to keep holy the Sabbath day." Do you intentionally miss Mass or holy days of obligation? Do you set aside necessary time on Sundays to rest and visit with family? Do you show reverence to God when you are in his house?

### **Fourth Commandment**

"Honor your father and your mother." Do you disobey or disrespect your parents or other superiors? Do you neglect your responsibilities to your parents? Do you show your thanks and appreciation to your parents for all they do?

### **Fifth Commandment**

"You shall not kill." Have you physically injured another person? Do you get angry or act maliciously toward others? Have you ever used alcohol or drugs or cut yourself? Have you ever participated in an abortion either directly or indirectly?

### **Sixth and Ninth Commandments**

"You shall not commit adultery." "You shall not covet your neighbor's wife." Do you willingly entertain impure thoughts or desires? Do you use impure or suggestive language? Have you ever bought or viewed pornography? Have you ever committed impure acts with another or with yourself?

### **Eighth Commandment**

"You shall not bear false witness against your neighbor." Do you intentionally lie? Do you deceive others or spread gossip? Do you fail to keep confidential information?

### **Seventh and Tenth Commandments**

"You shall not steal." "You shall not covet your neighbor's goods." Have you ever stolen, cheated, or encouraged another to steal or cheat? Are you envious of other peoples' goods? Do you make getting material possessions the purpose of your life?

### **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. Amen.