

Examination of Conscience for Adults

(Based on the 10 Commandments)

1. *I am the Lord your God. You shall not have strange gods before me.*

- Do I give God time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved with superstitious practices or have I been involved with the occult?
- Do I seek to surrender myself to God's word as taught by the Church?
- Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?

2. *You shall not take the name of the Lord your God in vain.*

- Have I used God's name in vain: lightly or carelessly?
- Have I been angry with God?
- Have I wished evil upon any other person or cursed them?

3. *Remember to keep holy the Lord's Day.*

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest?
- Do I do needless work on Sunday or cause others to needlessly work?

4. *Honor your father and your mother.*

- Do I honor and have a respectful attitude toward my parents?
- If married, have I neglected my duties to my spouse and children?
- Have I given my family good religious example?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirm relatives?

5. *You shall not kill.*

- Have I had an abortion or encouraged or helped anyone to have an abortion?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Have I harbored hatred in my heart?
- Have I mutilated myself through any form of sterilization or encouraged it in others?
- Have I engaged in sins against human life such as artificial birth control, artificial insemination, or in vitro fertilization?
- Have I participated in or approved of euthanasia?
- Have I ever received the Eucharist without confessing previous mortal sins first?

6. *You shall not commit adultery.*

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Has each sexual act in my marriage been open to the transmission of new life?
- Have I been guilty of impure acts with myself?
- Do I seek to control my thoughts and imaginations?
- Have I been guilty of any homosexual activity?
- Am I careful to dress modestly so as not to lead others to sin?

7. *You shall not steal.*

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen?
- Do I waste time or resources at work, school, and home?
- Do I seek to share what I have with the poor?
- Have I cheated anyone out of what is justly theirs?

8. *You shall not bear false witness against your neighbor.*

- Have I lied? Have I gossiped?
- Do I speak badly of others behind their back?
- Am I sincere in my dealings with others?
- Am I critical, negative or uncharitable in my thoughts of others?
- Do I keep secret what should be kept confidential?
- Have I injured the reputation of others by slander?

9. *You shall not desire your neighbor's wife.*

- Have I lusted after or objectified individuals by my acts or thoughts?
- Have I caused this by impure reading, movies, television, conversation or curiosity?
- Do I pray at once to banish impure thoughts and temptations?

10. *You shall not desire your neighbor's goods.*

- Am I jealous of what other people have?
- Do I envy the families or possessions of others?
- Am I greedy or selfish?
- Are material possessions the purpose of my life?

How to go to Confession

1. Enter the confessional and make the sign of the cross out loud.
2. Recall the last time you made a confession, even if it is a guess. Say: "Bless me Fr. for I have sinned. It has been ____ (x weeks, months, years) since my last confession. These are my sins."
3. Recite all your sins to the priest. When you are done, tell him these are all the sins you can remember.
4. Fr. Will give you some advice then assign a penance for you to perform after the confession.
5. He will next invite you to make an act of contrition out loud. This may be expressed in your own words or through a more formal act such as the one shown below.
6. Once the act of contrition has been made, Fr. will pray over you and then give you absolution for your sins. It is a good practice to make the sign of the cross as he blesses you with the sign of the cross.
7. Fr. will encourage you to go forth thanking God for His peace and mercy. After this, you may leave the confessional. Your penance should be performed at the earliest opportunity.

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 are 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.