

EXAMINATION OF CONSCIENCE FOR ADULTS

TO HELP MAKE A GOOD CONFESSION

1. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.

Do I seek to love God with all my heart and with all my soul and with all my strength (Dt 6:5)? Do I put anything or anyone above God? Do I pray daily? Have I had any involvement with the occult, witchcraft, wicca, ouija boards, seances, tarot cards, new age crystals, fortune telling, or the like? Have I put faith in horoscopes? Have I received Holy Communion in the state of Mortal Sin? Have I abused the Sacrament of Penance by lying to the priest or deliberately not confessing a mortal sin? Have I denied a truth of the Faith out of concern for the respect or opinion of others?

2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.

Have I used God's holy name irreverently, lightly or carelessly? Have I been angry with God? Have I insulted or blasphemed God, the Church, the Blessed Virgin Mary, the saints, or sacred places or things?

3. REMEMBER TO KEEP HOLY THE LORD'S DAY.

Do I try to keep Sunday as a day of prayer, rest, and relaxation, avoiding unnecessary work? Have I deliberately missed Holy Mass on Sundays or Holy Days of Obligation? Have I deliberately come late or left early from Mass without a good reason?

4. HONOR YOUR FATHER AND YOUR MOTHER.

Do I honor and respect my parents? Have I deliberately hurt my parents? Do I treat my children with love and respect? Do I support and care for the well-being of all family members? Have I neglected family duties? Do I honor and obey my lawful superiors?

5. YOU SHALL NOT KILL.

Have I deliberately harmed anyone? Have I had an abortion or encouraged or helped anyone to have an abortion? Have I attempted suicide or seriously considered it? Have I abused drugs or alcohol? Have I led anyone to sin through bad example or through direct encouragement?

6. YOU SHALL NOT COMMIT ADULTERY.

For the married: Am I faithful to my spouse in thought and action? Have I used artificial contraception, or been sterilized? Was I married outside the Church without proper permission of the Church?

For the unmarried: Have I engaged in sexual activity with anyone of either sex?

For all: Have I deliberately viewed pornographic magazines, videos or internet websites? Have I masturbated? Have I used impure language or told impure jokes? Do I dress modestly?

7. YOU SHALL NOT STEAL.

Have I stolen or accepted stolen goods? Have I deliberately destroyed the property of others? Have I cheated anyone of what I owe? Do I gamble excessively? Do I share what I have with the poor and the Church according to my means? Have I pirated materials: videos, music, software?

8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.

Have I lied? Have I sworn falsely? Have I plagiarized or been academically dishonest? Have I gossiped? Have I revealed secrets or confidential information without good reason? Have I ruined the good name of others by spreading lies or maliciously revealing their faults and sins?

9. YOU SHALL NOT DESIRE YOUR NEIGHBOR'S WIFE.

Have I deliberately and consciously permitted sexual thoughts about anyone besides my spouse? Do I guard my imagination and senses? Have I watched shows, plays, pictures or movies that contain impure scenes with the deliberate intention of being aroused by them? Am I responsible about what I read?

10. YOU SHALL NOT DESIRE YOUR NEIGHBOR'S GOODS.

Am I envious of the possessions, abilities, talents, beauty, or success of others? Do I love my neighbor as myself? Is there anyone whom I do not love or refuse to love? Have I wished harm or misfortune on anyone? Do I forgive from my heart those who have hurt me? Do I harbor hatred or grudges? Do I pray for my enemies? Have I ridiculed or humiliated others? Do I seek to help others in need? Do I love myself as God loves me? Do I care for my physical, emotional, and spiritual health? Do I forgive myself for my sins after bringing them to God in the Sacrament of Reconciliation?

PRECEPTS OF THE CHURCH

Have I deliberately missed Mass on a Sunday or Holy Day of obligation without a serious reason? Do I go to confession at least once a year when I have serious sins to confess? Do I receive Holy Communion, at least once during Easter time? Do I take part in the major feasts celebrating Our Lord, the Virgin Mary, and the saints? Do I abstain from meat on Fridays during Lent (for ages 14 and over) and fast on one full meal on Ash Wednesday and Good Friday (for ages 18-59)? Do I fast for one hour before Holy Communion (water and medicine allowed)? Do I contribute to support the material needs of the Church?