

J.M.J.

+

**Examination of Conscience for Confession
using the Ten Commandments**

Mortal sins are to be confessed in what they are and in how many times they occurred. Mortal sins are to be confessed before receiving Holy Communion.

I. “I am the Lord, Your God. You shall not have strange gods before Me.”

Apostasy (leaving the Church); Putting faith in superstition, e.g., horoscopes, good luck charms, etc.; Joining the Masons or other secret society; Receiving Holy Communion in the state of mortal sin; Receiving the Sacraments of Confirmation or Matrimony while in the state of mortal sin; Attempting Marriage outside of the Catholic Church; Willfully denying the Faith of the Catholic Church; Despair of God’s grace or mercy; Presumption (committing a mortal sin with the idea that you can merely go to Confession); Failure to receive Holy Communion at least once per year (if possible, during the Easter Season)

II. “You shall not take the Name of the Lord your God in vain.”

Using God’s Name intentionally as a curse; Seriously wishing evil upon another; Serious slander or insult of a sacred person or object; Making an oath in a secret society; Telling a lie or withholding a serious sin in Confession; Blasphemy (words of hatred, reproach or defiance toward God; speaking ill of God); Perjury (lying under oath); Swearing false oaths

III. “Remember to keep holy the Lord’s Day.”

Missing Mass on Sunday or a Holy Day of Obligation without a serious reason; Doing unnecessary work on Sunday for a period of time; Intentional failure to fast or abstain on appointed days; Requiring employees to work on Sunday in non-essential occupations

IV. “Honor your Father and your Mother.”

Serious failure to care for aged parents; Serious neglect of the duties of one’s state in life; Serious disrespect for or disobedience to parents, superiors or authorities; Wishing death or evil on parents; Abuse or serious neglect of children; Failure to baptize children in a reasonable time (a good rule of thumb is within one month) after birth; Serious neglect of the religious education or upbringing of children; Failure to carry out the last will of deceased parents; Failure to pray for one’s parents

V. “You shall not kill.”

Murder, homicide or manslaughter; Procurement of an abortion; Promoting, counseling or paying for an abortion; Knowingly voting for someone for the purpose of his promotion of abortion; Willfully injuring or trying to hurt another person; Willfully leading another into serious sin; Driving dangerously or recklessly; Driving under the influence of drugs or alcohol; Willfully harboring hatred for another; Taking or selling illegal drugs; Willful drunkenness; Self mutilation; Excessive tattoos; Excessive body piercing; Sterilization; Promotion of or involvement in euthanasia; Serious entertainment of suicidal thoughts; Attempting or intending suicide; Willful

failure to bury the body or ashes of the dead; Willful engagement in unjust lawsuits; Bigotry (hatred for persons of other races); Intentionally placing temptation before the weak

VI. “You shall not commit adultery.”

Adultery; Fornication; Impure acts with oneself; Homosexual acts; Using a contraceptive; Dressing or acting in a manner intended to cause arousal in a person other than one’s spouse; Flagrant immodesty in dress; Bestiality; Not completing the marital embrace in the normal way; Degrading another; Prostitution; In-vitro fertilization or artificial insemination; Surrogate motherhood; “Selective reduction” of babies in the womb; Types of fertility testing that involve immoral acts; Involvement in or support of human cloning; Willful divorce or desertion; Incest; Polygamy or polyandry; Cohabitation prior to marriage; Destroying the innocence of another by seducing or introducing him or her to immorality; Lust in the heart; Transvestitism

VII. “You shall not steal.”

Stealing a large amount of money or a valuable item; Willfully destroying or defacing another’s property; Stealing something consecrated to God or from a holy place; Buying, selling, receiving or concealing items known to be stolen; Willful failure to make restitution; Excessive gambling; Defrauding workers of their wages; Serious failure to fulfill work requirements; Padding expense or *per diem* accounts; Taking advantage of the poor, simple, inexperienced or less fortunate; Denying help to the poor, needy or destitute when able to help them easily; Defrauding creditors; Bribery or taking bribes; Blackmail; Fraud or embezzlement; Price fixing; Tax evasion; Forgery; Excessive waste or expense; Violating copyrights; Pirating computer software; Slavery; Serious cruelty to animals

VIII. “You shall not bear false witness against your neighbor.”

False witness (not under oath) or perjury (under oath); Telling large or premeditated lies; Serious gossip, detraction (revealing the faults of another without serious reason), or calumny (harming the reputation of another by falsities); Violation of a confidence without good reason; Being an accomplice to another’s grave sin

IX. “You shall not covet your neighbor’s wife.”

Viewing pornography in books, magazines, movies, the Internet, etc.; Reading sexually explicit materials; Dwelling on impure thoughts or fantasies for the purpose of arousal; Willfully lusting after another

X. “You shall not covet your neighbor’s goods.”

Serious and willful greed or avarice; Intention to steal or destroy the goods of another

How to go to Confession

The Priest begins with the Sign of the Cross.

The Penitent begins by saying, “Bless me Father for I have sinned. It has been _____ since my last Confession. These are my sins.”

Confess all mortal sins committed since your last Confession by kind and number. You may also confess any venial sins. At the end of your Confession, say these or similar words: “For these and all the sins of my life, I am sorry.”