

I. I am the Lord, your God. You shall have no other gods before me.

Have I set my heart on money, popularity, an easy life, material possessions, food, alcohol, power, or relationships in such a way that they become more important to me than the Lord?

Have I doubted or denied my Faith? Do I accept all the Church's teachings? Am I unashamed to uphold them?

Have I been careful to grow in my understanding of the Faith?

Have I taken sufficient time for prayer each day? When I pray, do I really raise my mind and heart to God? Do I turn to God in times of temptation?

Have I distrusted God by despair? Have I been indifferent or ungrateful to God?

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

Have I used **God's name** with love and reverence? Have I sworn falsely?

Have I indirectly shown disrespect for God by disrespecting sacred and holy things? Have I used profane language? Have I taken Communion when knowingly in serious sin?

Have I engaged in fortune telling, palm-reading, Ouija Boards, horoscopes, etc?

III. Keep Holy the Lord's Day.

Have I missed Mass through my own fault on Sundays or Holy Days of Obligation? Was I late or did I leave early for a light reason? Do I try to make Sundays a day of rest?

Did I receive Holy Communion during the Easter season? Do I observe Fridays and Lent as penitential times?

IV. Honor your mother and your father.

Have I been obedient to parents, showing them proper respect and giving them help in their spiritual and material needs?

Have I been careful to teach my children the faith, to attend Mass, and to receive the sacraments? Have I set them a good example? Have I been too harsh or too lenient with my children?

Have I spent enough time with my family? Have I taken my share of family responsibilities? Have I treated family members with love?

Have I married without the blessing of the Church?

V. You shall not kill.

Have I hurt others by my unjustifiable anger? By holding a grudge? By resentful attitudes? By moodiness?

Have I hurt others by fighting? By giving bad example? By failing to correct in charity?

Have I committed or encouraged an abortion? A mutilation of the body? Have I abused my own health? Have I endangered life by risky behavior?

Have I had a disrespectful attitude towards certain classes of people?

VI. You shall not commit adultery.

Have I dressed or acted immodestly? Have I read impure books, magazines, or seen impure movies?

Have I pursued unchaste conversation or told dirty jokes? Did I consent to impure glances? touches? kisses? Appropriate only with a spouse?

Do I have secret imperatives in the area of sex that cause me particular trouble? Are my thoughts and desires chaste?

Am I guilty of masturbation, fornication (premarital sex), adultery, or birth control? Have I been sterilized?

VII. You shall not steal.

Did I steal? What and how much? Did I return it or make restitution? Did I steal from work rationalizing it as being part of my salary?

Have I been stingy? Lazy? Have I wasted money? Have I gambled excessively? Have I been fair in my business dealings?

Have I neglected to pay my debts? Have I paid my taxes?

Have I done enough to help others who are in need, by generosity of time, money and prayer? Have I done enough to support the Church? Have I done my duty as a citizen?

VIII. You shall not bear false witness.

Have I lied? Have I gossiped? Have I spread scandal? Have I revealed secrets that should be held confidential? Have I been critical, negative, or uncharitable in my talk? Have I judged others prematurely?

IX. You shall not covet your neighbor's

wife.

Have I consented to impure thoughts or desires?

X. You shall not covet your neighbor's goods.

Have I been content with what I have, or do I always want more? Have I been jealous or envious because I can't have what another has?

Have I been ready to accept everything that comes from the hand of God - whether wealth or poverty, health or illness, happiness or suffering?

Have I harmed a person's reputation? Have I involved myself unjustly in the affairs of others? Have I sown unrest or trouble?

SACRAMENT OF RECONCILIATION

Preparation for Confession

"Receive the Holy Spirit. Whose sins you shall forgive, they are forgiven them. Whose sins you shall retain they are retained."

- What is my attitude towards the Sacrament of Reconciliation?
- Do I really want to be set free from sin, so that my friendship with God can be restored or improved?
- Did I forget to mention, or deliberately conceal, any grave sin?
- Did I perform the penance I was given?
- Have I made reparation for injury to others?
- Did I try to put into practice my resolution to amend my life, made at my last confession?
- Have I sincerely examined my conscience?

How to Go to Confession

- Begin by saying, "Bless me, Father, for I have sinned; it has been [however long] since my last confession."
- Simply state your sins, being careful to mention any relevant circumstances. You must tell all mortal sins that you have not confessed individually to a priest.
- End with, "For these and for all my sins, I am truly sorry."
- The priest may give you counsel or you may ask questions about your spiritual life. He then gives you a penance and asks you to make an act of contrition.
- The priest will give you absolution. Make the sign of the cross as he says, "In the name of the Father..." and respond with "Amen".

* Act of Contrition

O my God I am heartily sorry for having offended you. 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 sin no more and to avoid the near occasion of sin.