

**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.