

- Do I keep secret what should be kept confidential?
- Have I injured the reputation of others by slanders?

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

- Have I consented to impure thoughts?
- Have I caused them by impure reading, movies, television, conversation or curiosity?
- Do I pray at once to banish impure thoughts and temptations?
- Have I behaved in an inappropriate way with members of the opposite sex: flirting, being superficial, etc.?

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

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

**Confession**

Bless me father, for I have sinned.

It has been ..... (weeks/months/years) since my last confession. These are my sins ...

*Say your sins.*

For these, and those I cannot now remember I am truly sorry.

*The priest will now speak about how to improve your life and avoid sinning again.*

*He will give you a penance to do outside the confessional.*

O my God, because you are so good, I am very sorry that I have sinned against you. With the help of your grace I will not sin again. Amen.

*Leave the confessional and perform the penance*

**How to go to**

**Confession**

**A Guide For Adults**

## **Prayer before confession**

Come Holy Spirit,

Enlighten my mind and heart, so tht I can truly know my sins, feel real contrition, confess fully, and be reunited with God.

Grant this, so that I may never be parted from Him again.

Amen.

## Examination of Conscience

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

-Do I pray everyday?

-Do I seek to love Him with my whole heart, or are there other "gods" in my life? Money, Security, Power, People, etc.?

-Have I been involved with superstitious practices or have I been involved with the occult?

-Have I ever received communion in the state of mortal sin?

-Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?

-Do I believe and defend the teaching of the Church?

### **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 toward God?

-Have I insulted a sacred person or abused a sacred object?

### **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?

### **4. Honour your father and your mother.**

-Do I honour and obey my parents?

-Have I neglected my duties to my spouse and children?

-Do I care for my aged and infirm relatives?

### **5. You shall not kill.**

-Have I killed anyone, or allowed the killing of someone?

-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 been angry or resentful. harbouring hatred in my heart?

-Have I mutilated myself through any form of sterilization?

-Have I engaged, in any way, in sins against human life such as artificial insemination or in vitro fertilization?

-Have I participated in or approved of euthanasia?

### **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?

-Have I used any method of contraception or artificial birth control in my marriage?

-Has each sexual act in my marriage been open to the transmission of new life?

-Have I been guilty of masturbation?

-Do I seek to control my thoughts and imaginations?

-Have I respected all members of the opposite sex, or have I thought of other people as mere objects?

-Have I been guilty of any homosexual activity?

-Do I seek to be chaste in my thoughts, words, actions?

### **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 at work, school, and home?

-Do I gamble excessively?

-Do I pay my debts promptly?

-Do I seek to share what I have with the poor?

-Have I cheated anyone out of what is justly theirs, for example creditors, insurance companies, big corporations?

### **8. You shall not bear false witness against your neighbour.**

-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?