

Adult Examination of Conscience

Rite of Reconciliation

Penitents begin by saying:

**Bless me Father for I have sinned. It has been . . .
(say how long)
since my last confession
and these are my sins:**

Penitents now list their sins.

Be *brief* and include *how often* the sins were done, or at least an estimate.

The priest gives the penance and advice, if needed.

The penitent recites an Act of Contrition.
If one is not known, recite the following:

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of heaven and the pains of Hell. But *most* of all, because I have offended *You*, 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. Amen.

The priest gives the Absolution and the penitent thanks him.

Examination of Conscience (Using the 10 Commandments)

First Commandment

***I am the Lord your God,
you shall not have strange gods before me***

- Did I fail to pray to God each day?
- Did I fail to take an interest in learning more about God?
- Did I refuse to believe any truths of the Catholic Faith?
- Did I deny or hide the fact that I am a Catholic?
- Did I put my trust in superstitions like good-luck charms or horoscopes instead of trusting in God alone?
- Did I hide (on purpose) any mortal sin from the priest in a past confession?
- Did I fail to complete the penance which the priest gave me in a past confession?
- Did I fail to make some kind of sacrifice on any Friday of the year, as the Church prescribes?
- Did I fail to abstain from meat and fast on Ash Wednesday, Good Friday and all Fridays of Lent?

Second Commandment

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

- Did I misuse the names of God, Jesus or the Saints?
- Did I make fun of holy things or my faith? (blasphemy)
- Did I use foul or ugly language (profanity)?
- Did I wish evil on someone (curse)?

Third Commandment

Remember to keep holy the Lord's day

- Did I miss Mass on Sunday or a holy day of obligation through my own fault or allow my children to miss Mass without serious reason?
- Did I come to Mass late or leave early without serious reason?
- Did I fail to pray reverently or to pay attention at Mass?
- Did I distract myself or others at Mass?
- Did I fail to fast for one hour before receiving Communion?
- Did I receive Holy Communion in a state of moral sin (unconfessed serious sin)?
- Did I fail to receive Holy Communion at least once during the Easter Season (from the first Sunday of Lent to the first Sunday after Pentecost)?
- Did I fail to make Sunday a day of rest and prayer?
- Did I allow myself to be scheduled or volunteer to work on Sunday without real need?

Adult Examination of Conscience

Examination of Conscience - *continued from the other side*

Fourth Commandment

Honor you father and mother.

- Did I fail to respect parents, police, civil leaders, priests, nuns or the elderly?
- Did I fail to obey promptly employers, police officers and other lawful authorities? (disobedience)
- Did I fail in my duties toward my husband, wife, children, parents or other dependents? (negligence)
- Did I fail to spend sufficient time with my family, showing them proper affection and encouragement?
- Did I fail to actively take an interest in the religious education and formation of my children?
- Did I fail to give the proper amount of correction or punishment when my children did wrong?
- Did I discourage my spouse or children by nagging?
- Did I fail to set a good example for my family? (scandal)
- Did I fail to try to get along with my relatives?

Fifth Commandment

You shall not kill

- Did I fail to forgive others, at least by praying for them?
- Did I display my anger or impatience with others?
- Did I allow my anger to discipline children too severely?
- Did I injure anyone bodily, or my own body?
- Did I hurt others by my words or by my silence?
- Did I fail to treat all people equally? (prejudice)
- Did I plan revenge against anyone?
- Did I fail to apologize after I had hurt someone?
- Did I eat too much in quantity or fuss over quality? (gluttony)
- Did I misuse alcohol, cigarettes or other drugs? (intemperance, disobedience, scandal)
- Did I encourage anyone, in any way, to have an abortion?
- Did I fail to stand up for the rights of the unborn if the opportunity arose?

Sixth Commandment

You shall not commit adultery

- Did I fail to treat my body or the bodies of others with purity and respect? (impure actions)
- Did I willingly look at impure printed material, Internet sites or movies? (pornography)
- Did I willingly think of impure subjects, stories, jokes or look impurely at others? (impure thoughts)
- Did I abuse my marriage rights with my spouse?
- Did I use artificial birth control, undergone sterilization or practiced "withdrawal?"
- Did I engage in any homosexual activity?
- Did I marry or advise anyone to marry a non-Catholic?

Did I speak, act or dance suggestively?

Did I wear clothing that did not cover myself sufficiently or that was otherwise revealing? (immodesty)

Seventh Commandment

You shall not steal

- Did I take things that were not mine from a store or another person? What was the value? (theft)
- Did I damage or misuse the property of the company I work for or someone else? (vandalism)
- Did I fail to return what I stole or repair what I damaged?
- Did I fail to return what I borrowed as soon as I was finished? (lack of gratitude)
- Did I fail to do what I was hired to do or was I dishonest in obtaining the job? (injustice, fraud)
- Did I give a fair wage to my employees?
- Did I do a full day's work for a full day's pay? (theft)
- Did I waste money or time by the over-use of gambling, Internet, TV, games or other entertainment?

Eighth Commandment

You shall not bear false witness against your neighbor

- Did I tell lies to make myself look good or escape justice?
- Did I fail to stand up for someone falsely accused?
- Did I say negative things about others behind their back?
- Did I deceive others to get some advantage or save money?
- Did I distance myself from my spouse by refusing to talk about my thoughts, feelings or other matters?
- Did I break secrets or tell harmful truths about others without having a serious reason for doing so?

Ninth Commandment

You shall not covet your neighbor's wife

- Did I give in to impure thoughts (lust) instead of trying to get rid of them by praying or other distractions?
- Did I fail to keep my primary affection fixed on my spouse rather than relatives or even children?
- Did I get jealous of my spouse's time and want him/her to pay attention only to me?

Tenth Commandment

You shall not covet your neighbor's goods

- Did I envy the abilities or things that others have?
- Did I complain about what I do not have? (greed)
- Did I fail to thank God, parents and others for all the good things they have given me? (ingratitude)