

V. YOU SHALL NOT KILL.

- Have I murdered or physically harmed anyone?
- Have I abused drugs or alcohol? Have I sold drugs?
- Have I mutilated myself or encouraged others to do the same?
- Have I given scandal to anyone or led anyone into sin?
- Have I harboured hatred in my heart, or been angry or resentful?

VI. YOU SHALL NOT COMMIT ADULTERY.

- Have I been faithful to my marriage vows in thought and in action?
- Have I engaged in sexual activity outside of marriage?
- Have I used or thought of other people as objects?
- Am I pure in my thoughts, words and actions?

VII. YOU SHALL NOT STEAL.

- Have I taken anything that belongs to someone else?
- Did I push in front of someone to receive something first?
- Have I purposefully deprived someone of something they needed?

VIII. YOU SHALL NOT BEAR FALSE WITNESS.

- Have I hid the truth from someone?
- Have I purposefully misled someone?

IX & X. YOU SHALL NOT COVET ANYTHING THAT IS YOUR NEIGHBOURS.

- Have I wanted something someone else has?
- Have I purposefully tried to convince someone to give me something that is theirs?

AN EXAMINATION OF CONSCIENCE



Before Receiving the Sacrament of Confession

THE SACRAMENT OF CONFESSION

On the evening of His resurrection from the dead, Jesus appeared to His apostles and gave them the power to forgive all human sins. Breathing upon them, He said, "Receive the Holy Spirit. If you forgive anyone's sins, they are forgiven. If you retain anyone's sins, they are retained."
[John 20:22-23]

It is Our Lord Jesus Christ Himself who wants us to meet Him in this beautiful Sacrament so that He can forgive us all our sins through His priest.

How to go to Confession

- Spend a few moments quietly in church examining your conscience, and asking God to make you aware of your sins since the last time you went to confession.
- You always have the option to kneel behind the screen, or sit in the chair face to face with the priest.
- The priest will greet you and make the sign of the cross. You should say: "Bless me Father, for I have sinned. It has been (state how long) since my last confession. These are my sins..."
- Tell your sins simply and honestly to the priest.
- Do not omit any sins, especially serious ones, because you are embarrassed. Never be embarrassed or nervous with a priest, whose privilege it is to hear your sins and forgive them in the name of Christ. Remember, a priest may NEVER reveal the sins he hears in confession.
- Listen to the advice the priest gives you.
- The priest will give you your "penance," (a few prayers to say after confession). Remember, it is Our Lord on the Cross who makes up for your sins, not your penance.
- Then say an Act of Contrition in front of the priest.
- The priest will then say the Prayer of Absolution over you. This is the moment when Christ blots out all your sins through the priest.
- Go outside the confessional and say your penance right away, preferably in front of Our Lord in the tabernacle.
- Go to confession once a month, or as often as you feel you need to; never go less than once a year.

- Bring someone who has been away for a long time back to the Sacrament of Confession.

An Examination of Conscience

I. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.

- Does God hold first place in my life?
- Do I seek to love God with my whole heart and soul?
- Do I give God time every day in prayer?
- Do I seek to obey God's Word as taught by the Church?
- Have I told a lie in confession, or have I deliberately withheld confessing a mortal sin?
- Have I received communion in a state of mortal sin?

II. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.

- Have I insulted God's Holy Name or used it lightly or carelessly? Have I used obscene language?
- Have I been angry with God?
- Have I wished evil upon another person?
- Have I insulted or abused a sacred person or object?

III. REMEMBER TO KEEP HOLY THE LORD'S DAY.

- Have I missed Mass deliberately on Sundays, or on Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest? Have I done needless work on Sunday?

IV. HONOUR YOUR FATHER AND YOUR MOTHER.

- Do I honour and obey my parents?
- Have I neglected my duties to my spouse and family?
- Have I given my family a good religious example?
- Do I try to bring peace into my family life?
- Do I care for my aged and infirm parents or relatives?
- Have I made certain my elderly parents can get to church, be visited by a priest, receive the sacraments, and have a funeral Mass?