

### FIRST COMMANDMENT

“I am the Lord your God. You shall not have strange gods before me.” (Ex 20:2-3)

- ❖ Did I ever make a bad confession (deliberately conceal any mortal sins or their number)?
- ❖ Did I doubt or deny that God exists?
- ❖ Did I fail to love God with my whole heart?
- ❖ Did I not give time to God each day in prayer?
- ❖ Did I despair of or presume on God’s mercy?
- ❖ Did I have false gods in my life that I gave greater attention to than God, like money, possessions, career, media, popularity, pleasure, success, appearance, etc.?
- ❖ Did I believe in horoscopes and reincarnation?
- ❖ Did I consult fortune telling, the occult, tarot cards, palm reading, Ouija boards, and séances?
- ❖ Did I refuse to believe any official teachings of the Church?
- ❖ Was I ashamed of being Catholic or did I deny God in front of other people?
- ❖ Was I proud, vain?

### SECOND COMMANDMENT

“You shall not take the Name of the Lord your God in vain.” (Ex 20:7)

- ❖ Did I blaspheme God, insult Him?
- ❖ Did I sue God’s name carelessly?
- ❖ Did I swear, use foul language?
- ❖ Did I curse anyone?
- ❖ Did I break a vow, commit perjury?
- ❖ Did I hold on to anger against God?
- ❖ Did I fail to fast and abstain from meat on Ash Wednesday and Good Friday?
- ❖ Did I fail to do penance or some form of sacrifice on Fridays?

### THIRD COMMANDMENT

“Remember that you keep holy the Sabbath Day.” (Ex 20:8)

- ❖ Did I miss Sunday Mass or a Holy Day of Obligation (Dec 25, Jan 1) through my own fault?

❖ Did I come to Mass late or leave early without a good reason?

❖ Did I Receive Holy Communion in a state of mortal sin? (St. Paul Says, “Whoever eats the bread and drinks the cup of the Lord unworthily sins against the Body and Blood of the Lord.” (1Cor 11:27-29). So to receive Holy Communion in a state of mortal sin is itself a mortal sin – a mortal sin of sacrilege.

❖ Did I break the “Eucharistic fast” (no food or drink 1 hour before Holy Communion, except for water and medicine)?

❖ Did I fail to make Sunday a day of rest and a family day?

❖ Did I do unnecessary work on Sunday?

❖ Did I do unnecessary shopping on Sunday?

❖ Did I fail to show reverence to Jesus in the Blessed Sacrament?

❖ Did I fail to be friendly to other people at Mass?

### FOURTH COMMANDMENT

“Honour your father and your mother” (Ex 20:12)

❖ Did I disobey or disrespect my parents or legitimate superiors (e.g. teachers)?

❖ Did I unfairly blame my parents, cause tension and fights in my family? Did I distance myself from my family emotionally or physically?

❖ Did I neglect my family; my duties to them (e.g. fail to care for my older or sick relatives)?

❖ Did I fail to teach my children about God or the Faith? Have I given them a bad example? Have I neglected to watch over my children, to monitor their companions, the books they read, the movies and TV shows they watch, or their use of the internet, social media, and their phones?

❖ Did I ever break the law?

### FIFTH COMMANDMENT

“You shall not kill” (Ex 20:13)

❖ Did I kill or seriously injure anyone?

❖ Did I fight or quarrel?

❖ Did I have an abortion, or advise someone else to have an abortion? (*One who procures an abortion is automatically excommunicated, as is anyone who is involved in an abortion, Canon 1398. The excommunication will be lifted in the Sacrament of Reconciliation.*) There is a healing retreat that is totally confidential.

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❖ Did I use or cause my spouse to use birth control pills (whether or not realizing that birth control pills can abort the fetus when conceived)?

❖ Did I attempt suicide?

❖ Did I take part in or approve of euthanasia?

❖ Did I physically, sexually or emotionally abuse anyone?

❖ Was I unkind, rude, impatient, or angry? Did I avoid or ignore people?

❖ Did I use anyone?

❖ Did I refuse to forgive anyone in my life? Was I resentful? Did I desire revenge?

❖ Did I eat too much (gluttony)?

❖ Did I get drunk, use drugs?

❖ Did I not take proper care of my body?

❖ Did I drive recklessly or distractedly? Did I excessively speed?

❖ Was I prejudiced to people because of their race, religion, financial status, etc.?

### SIXTH & NINTH COMMANDMENTS

“You shall not commit adultery. You shall not covet your neighbour’s wife (EX 20:14, 17)

❖ Did I get married outside of the Catholic Church or advise a Catholic to do so?

❖ Did I participate in dirty jokes?

❖ Did I dress immodestly, provocatively?

*Note: In the area of deliberate sexual sins listed below, all are mortal sins if there is sufficient reflection and full consent of the will. Jesus says, “Anyone who looks lustfully at a woman has already committed adultery with her in his thoughts” Mt 5:218*

Did I willfully entertain impure thoughts, desires, or fantasies? Did I treat people as *objects, lust after* them?

Did I deliberately look at pornography?

Did I commit impure acts by myself (masturbation)?

Did I commit impure acts with another: sexual touching, fornication (premarital sex), adultery (sex with a married person)?

Did I use contraceptive/practice artificial birth control (by pills, condom, IUD, device, withdrawal)?

Did I engage in homosexual activity?

Did I or my spouse have a sterilization done? (vasectomy or tubal ligation)

Did I do in vitro fertilization?

#### **SEVENTH & TENTH COMMANDMENTS**

“You shall not steal.” (Ex 20:15) “You shall not covet your neighbour’s goods.” (Ex 20:17)

Did I steal, cheat (e.g. on tests), help others to steal? Have I made restitution for stolen goods?

Did I not fulfill my contracts; give or accept bribes?

Did I not pay my bills or taxes?

Did I gamble excessively, thereby depriving my family of the necessities of life?

Did I waste time or not work hard at work, school or at home? Was I lazy?

Was I jealous of other people or their possessions?

Did I fail to help the poor?

Did I waste food?

Did I fail to contribute to the support of the Church?

#### **EIGHTH COMMANDMENT**

“You shall not bear false witness against your neighbour.” (Ex 20:16)

Did I lie? Did I fail to repair any damage that I caused?

Did I criticize or condemn people in thought, rashly judging them?

Did I gossip?

### **STEPS FOR A GOOD CONFESSION**

1. Examine your conscience (what sins have you committed since your last good confession.,)
2. Be sincerely sorry.
3. When you enter, say: **“Bless me, Father, for I have sinned. It has been \_\_\_\_ since my last confession. These are my sins...”**
4. Confess all your **mortal sins** and the **number of times** you committed them. (Deliberately hiding or concealing any mortal sins invalidates the whole confession)
5. When done confessing your sins, you can say: **“For these and all my sins, I am truly sorry.”**
6. Do your penance.

### **ACT OF CONTRITION**

“O my God, I am heartily sorry for having offended you. I detest all my sins because I dread the loss of Heaven and the pains of Hell, 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 confess my sins, to do penance, and to amend my life. Amen.”



### **FINDING PEACE OF HEART AND SOUL**

Confession can be scary, but it is always worth going to, no matter how we feel about it beforehand. The graces and mercy that flow from this Sacrament always conquer the fear and anxiety that we might feel. People will find a million reasons to avoid this gift. Sometimes it helps to hear the stories of those who have gone before us.

*“I was living in New Orleans in the 1990’s. I had attended Mass, but not always every Sunday and I had not been to confession for 12 years! I had met my new neighbour and she was Catholic, so I started attending Mass with her regularly. When she found out I hadn’t been to confession for so long, she was insistent that I go and make a good confession. I was super nervous to go! I prepared my list of sins (lots of them!) and I went. I started the format and then said I had not been to confession for 12 years.*

*What the priest said next is what completely relaxed me and what I want your readers to hear so they might feel confident to go to confession if they haven’t been for a long time. When I stated the length of time since my last confession, there was a slight pause, and then a loud, happy response from the priest: “WELCOME BACK!” He was very kind, patient and helpful.”*

**“Trust in the Lord and don’t be afraid”**

Isaiah 12:2