

Examination of Conscience

Before celebrating the sacrament of reconciliation, we take time to examine our conscience. We look at our choices and actions in the light of the Beatitudes, the Ten Commandments, the life of Jesus, and the teachings of the Church.

1. You shall have no other gods besides the Lord your God.

Do I love God above all things? Is He number one in my life or do I put myself before God?
Has money and pleasure become more important to me than the God who created me for Himself?
Do I pray often? Have I neglected my friendship with God by neglecting prayer?

2. You shall not take the Lord your God's name in vain.

Have I ever lied after "swearing to God" that I am telling the truth?
Have I ever used God's name out of anger, that is, as a curse?

3. Keep the Sabbath day holy.

Have I deliberately missed Holy Mass on the Sabbath (Saturday evening through Sunday?)
Have I ever missed Mass on a Holy Day of Obligation or an important holiday?

4. Honor your father and your mother so that you may live long and flourish.

Do I disobey my parents? Do I fail to respect them? Do I swear at them?
Am I ashamed of them?
Do I let them know I love them? Do I lie to them? Do I steal from them?
Am I obeying and honoring those in place of my parents, such as teachers and principals?
Do I skip class?
Do I lie to my teachers? Do I swear at them?

5. You shall not kill.

Am I killing myself by taking illegal drugs? Abusing alcohol?
Have I murdered anyone's reputation by deliberately spreading rumors?
Do I nurse anger against anyone? Hold a grudge? Refuse to forgive another?
Have I cursed anyone?

6. You shall not commit adultery.

Have I ever watched pornography either on the Internet or through some other media?
Have I ever freely and deliberately entertained impure thoughts?
Am I modest in dress?

7. You shall not steal.

Do I steal from my parents? Do I steal from friends? Have I ever stolen from a stranger?
Have I stolen any property from a store?

8. You shall not bear false witness against your neighbor.

Am I a liar? Am I guilty of slander, (spreading lies about someone?)
Am I guilty of detraction, (making known the faults of others?)
Do I gossip about others?
Do I reveal information that should be confidential?

9. & 10. You shall not envy your neighbour's wife and goods.

Am I envious of others? Do I wish that others be deprived of their goods or talents?
Am I jealous of others?
Do I harbor unforgiveness and grudges against others?
Am I a resentful person?
Do I put down others?

Individual Reconciliation

1. Enter the reconciliation room and either sit facing Father or kneel behind the curtain.
2. Make the Sign of the Cross with the priest, and begin by saying, "Bless me Father, for I have sinned. My last confession was....."
3. Then mention the ways you have done wrong, the sins you are asking God to forgive.
4. If the priest asks you questions, please try to answer him, listen intently to him, and be polite.
5. The priest will give you a "penance," a prayer to be said or something to be done.
6. Say the Act of Contrition.

My God, I am heartily sorry for my sins.
In choosing to do wrong and failing to do good,
I have sinned against You and Your church.
I firmly intend, with the help of Your son,
to make up for my sins and to love as I should.
Amen
7. Listen as he prays the prayer of forgiveness and wishes you peace. You should answer "Amen."
8. Please be sure to thank the priest before leaving.
9. You need to go to the church and say your penance and thank God for loving you so much.