

# Examination of Conscience for Confession of Sins for Adults

## **HOW TO CELEBRATE THE SACRAMENT OF RECONCILIATION:**

1. Father greets me and I greet him.
2. Father and I make the Sign of the Cross.
3. Father says this prayer: *"May the Lord be in your heart and help you to confess your sins with true sorrow."*  
I answer: *"Amen."*
4. I begin the confession of my sins by saying: *"Father, my last confession was ....months ago. These are my sins....."*
5. I finish my confession by saying: *"I am sorry for these and for all my sins."*
6. Father talks with me about my confession. He asks me to do my penance. He will then ask me to pray the Act of Contrition (choose the Act of Contrition for which you are most familiar).

### **ACT OF CONTRITION**

*"My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things.  
I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy."*

### **ACT OF CONTRITION**

*Oh my God, I am heartily sorry for having offended You. And I detest all my sins because of Your just punishments. But most of all because they offend You my God who are all good and deserving of all my love. I firmly resolved with the help of Your grace to sin no more and avoid the near occasion of sin. Amen."*

7. Father says the words of absolution. I bow my head to receive God's forgiveness. I make the Sign of the Cross as Father says: *"...I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit."*  
I answer: *"Amen"*
8. Father and I say the following prayer:  
Father: *"Give thanks to the Lord, for He is good."*  
I answer: *"His mercy endures forever."*

## **EXAMINATION OF CONSCIENCE:**

### **FIRST COMMANDMENT**

"I am the Lord your God. You shall not have strange gods before Me." (Ex 20:2,3)

1. Did I doubt or deny that God exists?
2. Did I practice forms of fortune telling, the occult, Ouija boards, séances?
3. Did I deny that I was Catholic by my words or actions?
4. Did I give time to God each day in prayer?
5. Did I love God with my whole heart?
6. Did I despair of or presume on God's mercy?
7. Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, fame, pleasure, property, etc.?
8. Did I refuse to believe what God has revealed to us through Sacred Scripture and Sacred Tradition?

### **SECOND COMMANDMENT**

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

1. Did I use God's name carelessly or uselessly?
2. Did I blaspheme or insult God?
3. Did I curse, or break an oath or vow?
4. Did I get angry with God?

### **THIRD COMMANDMENT**

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

1. Did I miss Mass Sunday or a Holy Day of Obligation through my own fault?

2. Did I come to Mass on time? Leave early?
3. Did I do work on Sunday that was not necessary?
4. Did I set aside Sunday as a day of rest and a family day?
5. Did I show reverence in the presence of Jesus in the Most Blessed Sacrament?

#### **FOURTH COMMANDMENT**

"Honor your father and your mother." (Ex 20:12)

Did I disobey or disrespect my parents or legitimate superiors?

1. Did I neglect my duties to family? Friends? Those in authority over me?
2. Did I neglect to give good religious example to my family?
3. Did I fail to actively take an interest in my religious education and formation or those for whom I am responsible?
4. Did I give scandal by what I said or did, especially to the young?
5. Did I cause anyone to leave the Catholic Faith?
6. Did I cause tension and fights in my family?
7. Did I care for my aged and infirm relatives?

#### **FIFTH COMMANDMENT**

"You shall not kill." (Ex 20:13)

1. Did I injure anyone?
2. Did I get angry, impatient, envious, unkind, proud, revengeful, jealous, hateful toward another?
3. Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?
4. Did I advise someone else to have an abortion?
5. Did I attempt suicide?

#### **SIXTH COMMANDMENT**

"You shall not commit adultery." (Ex 20:14) "You shall not covet your neighbor's wife." (Ex 20:17)

1. Did I respect all members of the opposite sex, or have I thought of other people as objects?
2. Did I willfully entertain impure thoughts or desires?
3. Did I use impure or suggestive words? Tell impure stories? Listen to them?
4. Did I deliberately look at impure TV, videos, plays, pictures or movies? Or deliberately read impure materials?
5. Did I commit impure acts by myself?
6. Did I commit impure acts with another, fornication (premarital sex) or adultery?
7. Did I avoid the occasions of impurity? Did I try to control my thoughts?
8. Do I see my sexuality as a gift by which I participate in the very creation of the human family. Therefore, do I see sexuality as something which is mine or which essentially belongs to God and is shared with me?
9. Have I taken the time to understand the moral vision of the Catholic Church regarding contraception and family planning? Do I follow the Church teaching in this important area of stewardship? How is the Lord calling me to understand this more deeply, so that I can also lead others?
10. Did I engage in homosexual activity?

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

"You shall not steal." (Ex 20:15) "You shall not covet your neighbor's goods." (Ex 20:17)

1. Did I steal, cheat, help or encourage others to steal or keep stolen goods? Have I made restitution for stolen goods?
2. Did I waste time at work, school or at home?
3. Did I envy other people's families or possessions?
4. Did I make material possessions the purpose of my life?

#### **EIGHTH COMMANDMENT**

"You shall not bear false witness against your neighbor." (Ex 20:16)

1. Did I lie? Did I deliberately deceive others, or injure others by lies?
2. Did I gossip or reveal others' faults or sins?
3. Did I fail to keep secret what should be confidential?

#### **MORE BASED ON THE COMMANDMENTS OF THE CHURCH**

1. Did I go to Holy Communion in a state of serious sin?
2. Did I fast one hour before receiving Jesus in Holy Communion?
3. Do I confess my sins in the Sacrament of Confession at least once a year?
4. Did I purposely leave out sins when making a confession?
5. Did I fail to contribute to the support of the Church?