

Examination of Conscience

This examination of conscience is not intended merely as a checklist to be used prior to confession. The purpose of this examination is to help souls to know what actions or attitudes are sinful and the gravity of the particular sin. The hope is that this knowledge will serve to keep people from committing these sins.

Mortal Sins:

Three things are necessary for a sin to be mortal: 1. Serious Matter (things listed on this sheet); 2. Knowledge or firm belief that the act is seriously wrong prior to committing the act; 3. Full consent of the will. All three of these conditions must be present simultaneously for a sin to be mortal. This means that if you did not know the act was seriously wrong, then you are not guilty of having committed a mortal sin. If you did not will it, e.g., if you were forced or if it was a dream, you are not guilty of having committing a mortal sin. All mortal sins committed since your last confession must be confessed by both type and number, i.e., the title of the sin and how many time it was done. If there is a mortal sin from the past that was forgotten and has not been confessed, it should be confessed at your next confession. It is not mandatory to confess venial sins, however it is a beneficial and pious practice.

Commandments:

1. I am the Lord your God, You shall not have strange gods before me.

*Involvement in occult practice, e.g., witchcraft, ouija boards, séances, palm reading, tarot cards, divination, astrology, black magic, sorcery, ect.

*Involvement in or adherence to New Age or Eastern Philosophies, atheism or agnosticism.

*Apostasy (rejecting the Catholic Church)

*Adherence to a schismatic group.

*Putting faith in superstition, e.g., horoscope, good luck charms, ect.

*Joining the Masons or other secret societies.

*Receiving the Eucharist in the state of mortal sin.

*Receiving the Sacraments of Confirmation or Matrimony while in the state of mortal sin.

*Willful participation in illicit (non-emergency) "General Absolution" services.

*Being married by a Justice of the Peace or by a minister of another denomination (without dispensation).

*Involvement in false or pagan worship.

*Willfully denying the Faith of the Catholic Church.

*Despair of God's grace or mercy.

*Presumption (committing a mortal sin with the idea that you can just go to confession)

*Hatred of God.

*Simony (buying or selling spiritual things).

*Failure to receive Holy Communion at least once per year (if possible, during the Easter Season).

*Desecration of the Holy Eucharist.

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

*Using God's name intentionally as a curse.

*Seriously wishing evil upon another.

*Serious slander or insult of a sacred person or object.

*Making an oath in a secret society.

*Telling a lie or withholding a serious sin in confession.

*Blasphemy (words of hatred, reproach or defiance toward God).

*Perjury (lying under oath).

*Swearing false oaths.

3. Remember to keep holy the Lord's Day.

*Missing Mass of Sunday or a Holy Day of Obligation without a serious reason.

*During unnecessary work on Sunday for a long period of time.

*Intentional failure to fast or abstain on

appointed days.

*Requiring employees to work on Sunday in non-essential occupations.

4. Honor your Father and Mother.

*Serious failure to care for aged parents.

*Serious neglect of the duties of one's state of life.

*Serious disrespect for or disobedience to parents, superiors, or authorities.

*Wishing death or evil on parents.

*Abuse or serious neglect of children.

*Failure to baptize children in a reasonable time (within a few months) of birth.

*Serious neglect of the religious education or upbringing of children.

*Failure to carry out the last will of deceased parents.

5. You shall not kill.

*Murder, homicide, or manslaughter.

*Procurement of an abortion.

*Promoting, counseling, or paying for an abortion.

*Knowingly voting for someone who is pro-abortion.

*Willfully injuring or trying to hurt another person.

*Willfully leading another into serious sin.

*Driving dangerously or recklessly.

*Diving under the influence of alcohol or drugs.

*Willfully harboring hatred for another.

*Taking or selling illegal drugs.

*Willful drunkenness.

*Self mutilation.

*Excessive Tattoos.

*Excessive body piercing.

*Piercing of the sexual organs.

*Sterilization.

*Promotion of or involvement of euthanasia.

*Serious entertainment of suicidal thoughts.

*Attempting or intending suicide.

*Willful failure to bury the body or ashes of the dead.

6. You shall not commit adultery.

- *Fornication (intercourse prior to marriage).
- *Masturbation or other impure acts with your self.
- *Homosexual acts.
- *Using artificial contraceptives.
- *Dressing or acting in a manner intended to cause arousal in another (excluding spouses).
- *Kissing or touching another passionately for the purpose of arousal (excluding spouses).
- *Allowing another to kiss or touch you in a sexual manner (excluding spouses).
- *Intentionally causing a sexual climax outside of intercourse.
- *Onanism (intentional withdrawal and non-vaginal ejaculation).
- *Flagrant immodesty in dress.
- *Bestiality (sexual acts with animals).
- *Oral sex (excluding spouses).
- *Anal sex or other degrading sex practices.
- *Rape.
- *In-vitro fertilization or artificial insemination.
- *Surrogate motherhood.
- *Selective reduction 'harvesting' of babies in the womb.
- *Types of fertility procedures that involve immoral acts.
- *Involvement in or support of human cloning.
- *Willful divorce or desertion.
- *Incest.
- *Polygamy or polyandry.
- *Cohabitation prior to marriage.
- *Destroying the innocence of another by seducing or introducing them to immorality.
- *Lust in the heart, "if I could, I would."
- *"Swinging" or wife swapping
- *Transvestitism or cross dressing.

7. You shall not steal.

- *Stealing a large amount of money or a valuable item.
- *Willfully destroying or defacing another's

property.

- *Stealing something consecrated to God or from a holy place.
- *Buying, selling, receiving or concealing items known to be stolen.
- *Willfully failing to make restitution.
- *Excessive gambling.
- *Defrauding employees of their wages.
- *Serious failure to fulfill work requirements.
- *Padding expenses or per diem accounts.
- *Taking advantage of the poor, needy, destitute, inexperienced, or less fortunate.
- *Denying help to the poor, needy, or destitute, when able to help them easily.
- *Defrauding creditors.
- *Bribery or taking bribes,
- *Fraud or embezzlement.
- *Price fixing.
- *Tax evasion.
- *Forgery.
- *Excessive waste or expense.
- *Violating copyrights.
- *Pirating computer software.
- *Slavery.
- *Serious cruelty to animals.

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

- *False witness (not under oath) or perjury (under oath).
- *Telling large or premeditated lies.
- *Serious gossip, detraction (revealing the faults of another without serious reason), or calumny (harming the reputation of another).
- *Violation of a confidence without serious reason.
- *Being an accomplice to another's grave sin.

9. You shall not desire your neighbors wife.

- *Viewing pornography in books, magazines, movies, the internet, etc.
- *Reading sexually explicit material.
- *Dwelling on impure thoughts or fantasies for the purpose of arousal.

*Willfully lusting after another.

10. You shall not desire your neighbor's goods.

- *Serious or willful greed or avarice.
- *Intention to steal or destroy the goods of another.

Venial Sins:

1. I am the Lord you God, You shall not have strange gods before me.

- *Failure to pray on a daily basis.
- *Not trying to love God with my whole heart, mind, soul, and strength.
- *Trying to control things rather than seeking God's will.
- *Entertaining doubts against the Faith.
- *Failing to seek out and learn the teachings of the Church.
- *Indifference or ingratitude to God.
- *Being lukewarm in relationship with God.
- *Not trying to grow spiritually, being content with mediocrity.
- *Acedia (spiritual sloth)
- *Putting other things or people before God (t.v. videogames, sports, ect.)
- *Attachment to human respect or attention (caring more about what other people think than what God thinks in order to fit in).
- *Not trusting God.
- *Failure to fulfill one's duties of one's state of life.
- *Playing games which glorify violence or sex.
- *Tempting God.
- *Being angry at God.
- *Embarrassment at being Catholic.
- *Failure to protect the Church when ridiculed.
- *Not taking part in the work of Evangelization.
- *Being willfully distracted during Mass or prayer.
- *Putting off confession needlessly.
- *Failure to accept or offer up suffering.
- *Refusing or denying the mercy of God.

- *Not trying to practice recollection or the frequent remembrance of God's presence.
- *Failure to pray when tempted to sin.
- *Failure to examine one's conscience daily.
- *Giving into depression, self-pity, or self-deprecating thoughts.

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

- *Using the Lord's name lightly, in surprise or in anger (habitual or not thinking).
- *Cursing thoughtlessly.
- *Using the name of Mary (the mother of God), a saint, the Pope, or other sacred persons irreverently.
- *Using vulgar or inappropriate language.
- *Telling bad joke about sacred persons or objects.
- *Speaking badly of the Church.
- *Inappropriate or irreverent use of Sacred Scripture.

3. Remember to keep holy the Lord's Day.

- *Doing unnecessary work on Sunday.
- *Failing to keep Sunday as a day for family or recreation.
- *Failing to spend extra time on Sunday in prayer and study of the Faith.
- *Allowing sports or other schedules to dictate the Sunday schedule.
- *Being irreverent in Church.
- *Not paying attention or participating at Mass.
- *Coming late to Mass or leaving early without a serious reason.
- *Desecrating the day by sinful amusement, bad company, inappropriate entertainment.

4. Honor your Father and Mother.

- *Fighting with siblings.
- *Disobedience to parents or authorities.
- *Failure to give proper respect to parent or proper authority.
- *Treating those under one's authority with disrespect.
- *Failure to respect the dignity of children.

- *Speaking badly about parents, children, or spouse.
- *Neglecting duties toward spouse or children.
- *Failing to give good example to one's family.
- *Not trying to cultivate peace in one's family.
- *Taking one's spouse for granted.
- *Making fun of, or failing to help the elderly or handicapped.
- *Not praying for those entrusted to your care.
- *Failure to pray for those in authority over you.
- *Failure to teach children adequately about God and the spiritual life.
- *Lacking of gratitude toward parents.
- *Nagging spouse or children.
- *Treating adult children like minors.
- *Being too lax or too strict with rules, boundaries, and discipline.
- *Being ashamed of or embarrassed about parents.

5. You shall not kill.

- *Pride or arrogance.
- *Vanity.
- *Stubbornness without good reason.
- *Rudeness.
- *Failure to apologize.
- *Fighting or arguing over slight manners.
- *Inappropriate Anger.
- *Using obscene or vulgar gestures.
- *Prejudice.
- *Harboring a grudge.
- *Seeking revenge or retaliation.
- *Wishing evil upon another.
- *Impatience.
- *Selfishness.
- *Listening to music that promotes violence or sex.
- *Excessive watching of T.V., playing video games, or surfing the web.
- *Watching or playing any media that promotes violence or sex.
- *Refusing to forgive another.

- *Intemperance (eating or drinking too much).
- *Drinking carelessly.
- *Failure to care for one's health.
- *Smoking or chewing Tobacco excessively.
- *Abusing medications.
- *Sloth (laziness)
- *Procrastination.
- *Lack of punctuality.
- *Failure to respect the dignity of self or others.
- *Giving scandal to another.
- *Failure to take medication if they are necessary.
- *Doing things willfully to anger others.
- *Violating friendships.
- *Failure to pray for deceased parents or relatives.
- *Using the "silent treatment" on others.
- *Failure to pray for sinners.

6. You shall not commit adultery.

- *Lack of custody of the eyes (looking inappropriately at others)
- *Allowing the heart to stray from one's spouse.
- *Dressing somewhat immodestly.
- *Acting or carrying one's self immodestly.
- *Treating others as objects.
- *Failure to respect others of the opposite sex.
- *Seeking wrongful attention from another.
- *Selfishness in marital intimacy.
- *Failure to be open to life without serious reason.
- *Keeping bad company.

7. You shall not steal.

- *Attachment to persons or things.
- *Theft of small or inexpensive items.
- *Willful failure to return borrowed items.
- *Wasting time.
- *Failure to pay debts promptly.
- *Failure to practice charity or to help the poor.

*Squandering money on needless things or pursuits.

*Not keeping a promise.

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

*Lying

*Gossiping.

*Spreading rumors or tale bearing.

*Talking behind another back.

*Being negative, critical, uncharitable in thought regarding others.

*Making rash judgments.

*Being unjustly suspicious.

*Failure to seek to restore the good name of another whom you have injure though speech.

*Cheating

*Speaking unkindly about or to others.

*Exaggerating the truth.

*Bragging or boasting.

*Flattery.

*Complaining, whining or attention seeking.

9. You shall not desire your neighbor's wife.

*Telling or listening to impure or vulgar jokes or stories.

*Brief entertainment to impure thought or fantasies.

*Not trying to control one's imagination.

*Curiosity or playing with temptations.

*Seeking out or looking at persons or pictures which are immodest.

10. You shall not desire your neighbor's goods.

*Envy (sadness or anger at the good fortune of another).

*Jealousy (desire for the goods of another).

*Greed.

*Materialism.

*Not trusting that God will provide for all material and spiritual needs.

*Attachment to riches or material goods.

How to go to confession:

1. The priest will begin with the sign of the cross.

2. The penitent begins by saying "Bless me Father for I have sinned, it has been ____ (# of days, week, months, years) since my last confession. These are my sins...."

3. The penitent now confesses all mortal sins by kind and number, venial sins my also be confessed.

4. After all sins are confessed the penitent says "For these and all the sins of my past I am sorry."

5. The priest may ask question for clarification or offer some counsel at this point.

6. The priest will give you a penance.

7. The penitent now make an act of contrition in these or similar words:

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments. But most of all because they offend Thee my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more, and to avoid the near occasions of sin.

Amen.

8. The priest will now give the penitent absolution, after which the penitent