

Examination of Conscience for Married Persons

Responsibilities to God:

Have I gone to and participated in Mass every Sunday?

Have I prayed, read the Bible, and studied the truths of our faith allowing them to become more part of the way I think and act?

Have I told God that I want to love him with my whole heart, mind and strength?

Do I hold any resentments toward God?

Have I recognized my need for Jesus and his salvation?

Have I asked the Holy Spirit to empower me to live the Christian life, to be a proper husband/wife and parent?

Have I been financially generous to the Church?

Have I participated in parish or religious activities?

Have I held resentments toward the Church or Church authorities? Have I forgiven them?

Co-Cathedral of
the Sacred Heart



Confession Times:

Saturday

3:30-4:45pm

Sunday

8:15-8:45am

10:15-10:45am

12:15-12:45pm

4:30-5:15pm

Monday & Friday

11:30am-Noon

Tues, Wed, & Thurs.

6:30-6:50am

11:30am-Noon

Responsibilities to my spouse:

Have I cared for my spouse?

Have I been generous with my time?

Have I told my spouse that I love him or her?

Have I been concerned about the spiritual well-being of my spouse?

Have I listened to my spouse and paid attention to his or her concerns?

Have I lied or been deceitful to my spouse?

Have I forgiven my spouse for the wrongs he or she has committed against me?

Have I allowed misunderstandings to cause anger and mistrust?

Have I manipulated my spouse in order to get my own way?

Have I spoken sharply, sarcastically, demeaning or negatively to my spouse?
Have I physically abused my spouse?

Have I gossiped about my spouse?

Have I lied or been deceitful to my spouse?

Have I used artificial means of contraception or refused to conceive children out of selfishness or material greed?

Have I had an abortion or encouraged others to have one?

Have I used sexual relations solely for my own selfish pleasure?

Have I refused sexual relations out of laziness, revenge or manipulation?

Have I masturbated?

Have I flirted or fostered improper relationships with someone else, either in my mind or through words and actions?

Have I cultivated with someone else an emotional intimacy that should be reserved to my spouse?

Have I used pornography: books, magazines or movies?

Have I committed adultery?