

## Examination of Conscience based on the Catechism of the Catholic Church

*"Confession is humility in action. We call it penance but it is really a sacrament of love."* +Mother Teresa

*"Jesus acknowledged the Ten Commandments, but He also showed the power of the Spirit at work in their letter."*

-Catechism of the Catholic Church, #2054.

### **+COMMANDMENT I: THOU SHALT WORSHIP THE LORD AND HIM ALONE...I HAVE SINNED REGARDING...**

+Faith: voluntary doubt...incredulity (neglect or refusal of revealed truth)...Hope: despair...presumption...Charity: indifference to God's love and failure to respond to Him...failure in adoration toward God...failure to regularly pray...False Worship: superstition, idolatry, divination/magic, horoscopes/astrology; tempting God, sacrilege...

### **+COMMANDMENT II: YOU SHALL NOT TAKE THE LORD'S NAME IN VAIN...**

Abuse/misuse of God's holy Name...blasphemy (words of hatred/reproach toward others)...speaking ill of God...misuse of oaths/false oaths...perjury...

### **+COMMANDMENT III: REMEMBER THE SABBATH DAY AND KEEP IT HOLY...**

Failure to attend Mass on Sundays and Holy Days; abuse of Sundays and others by unnecessary work or demands upon people.

### **+COMMANDMENT IV: HONOR YOUR FATHER AND MOTHER...**

Disobedience toward parents, spouses, authorities: failure within family, work; disobedience toward civil authorities/law.

### **+COMMANDMENT V: YOU SHALL NOT KILL...**

Murder...abortion...euthanasia...scandal which leads another to evil...illicit use of drugs/alcohol...anger as a desire for revenge...acts of violence/rage...

### **+COMMANDMENT VI: YOU SHALL NOT COMMIT ADULTERY...**

Marital infidelity of any kind; illicit sexuality outside marriage (fornication)...contraception...sexual acts of self-abuse...viewing/reading pornography...regulating births against God's generous Will...artificial insemination...vasectomy...illicit divorce...sexual abuse upon others...

### **+COMMANDMENT VII: YOU SHALL NOT STEAL...**

Theft of any kind...not keeping promises or contracts...games of chance or wagers...stealing dignity of another person...torturing animals...unfair business practices...unfair wages...failure in works of mercy/charity.

### **+COMMANDMENT VIII: YOU SHALL NOT BEAR FALSE WITNESS...**

Lying...deception...rash judgment/detraction/calumny...boasting/bragging...

### **+COMMANDMENT IX: YOU SHALL NOT COVET THY NEIGHBOR'S WIFE...**

Immodest dress...impure heart...lustful looking/harboring thereof...entertaining fantasies...pornography

### **+COMMANDMENT X: YOU SHALL NOT COVET THY NEIGHBOR'S GOODS**

Avarice (idolatry/lust for riches)...greed...hoarding of goods...envy (immoderate desire to acquire goods)...refusal of gratitude toward God for blessings.

**Seven "CAPITAL SINS": PRIDE, AVARICE, ENVY, WRATH, LUST, GLUTTONY, SLOTH.**

**OTHER SINS: THOUGHTS:** arrogance...jealousy...vanity...hatred...selfism...imperfect contrition...damning others...hardness of heart...false humility...rejecting grace/God's love...failure to cooperate with Him/His grace...self-pity...racism...prejudice

**WORDS:** slander, gossip, impure words...condemning or exposing other's faults.

**DEEDS:** self-promotion...withholding love...decadent (materialistic) living...failure to fast before Mass...failure to correct/admonish...driving recklessly/speeding...attachments to material items...brutish behavior...cohabitation...inordinate distractions in prayer or Mass...failure to witness Christ/defend Church...refusal of reconciliation...illicit/sacrilegious Communion...failure to attend confession readily (Christmas-Easter duty)...seducing others by behavior/bodily/actions...elitism/prideful actions-attitude...lateness to Mass/leaving early without emergency, not praying in heart...wasting food...taking joy in others' suffering...

**Jesus encourages us: "So be perfect, just as your heavenly Father is perfect" (Mt. 5:48).**

"Interior repentance is a radical reorientation of our whole life, a return, a conversion to God with all our heart, an end of sin, a turning away from evil, with repugnance toward the evil actions we have committed. At the same time it entails the desire and resolution to change one's life, with hope in God's mercy and trust in the help of His grace." (CCC #1431).

**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. Amen.