

## Examination of Conscience

Before going to Confession you should make a review of mortal and venial sins since your last sacramental confession, and should express sorrow for sins, hatred for sins and a firm resolution not to sin again.

A helpful pattern for examination of conscience is to review the Commandments of God and the Precepts of the Church:

1. Have God and the pursuit of sanctity in Christ been the goal of my life? Have I denied my faith? Have I placed my trust in false teachings or substitutes for God? Did I despair of God's mercy?
2. Have I avoided the profane use of God's name in my speech? Have I broken a solemn vow or promise?
3. Have I honored every Sunday by avoiding unnecessary work, celebrating the Mass (also holydays)? Was I inattentive at, or unnecessarily late for Mass, or did I leave early? Have I neglected prayer for a long time?
4. Have I shown Christ like respect to parents, spouse, and family members, legitimate authorities? Have I been attentive to the religious education and formation of my children?
5. Have I cared for the bodily health and safety of myself and all others? Did I abuse drugs or alcohol? Have I supported in anyway abortion, "mercy killing," or suicide?
6. Was I impatient, angry, envious, proud, jealous, revengeful, lazy? Have I forgiven others?
7. Have I been just in my responsibilities to employer and employees? Have I discriminated against others because of race or other reasons?
8. Have I been chaste in thought and word? Have I used sex only within marriage and while open to procreating life? Have I given myself sexual gratification? Did I deliberately look at impure TV, pictures, reading?
9. Have I stolen anything from another, from my employer, from government? If so, am I ready to repay it? Did I fulfill my contracts? Did I rashly gamble, depriving my family of necessities?
10. Have I spoken ill of any other person? Have I always told the truth? Have I kept secrets and confidences?
11. Have I permitted sexual thoughts about someone to whom I am not married?
12. Have I desired what belongs to other people? Have I wished ill on another?
13. Have I been faithful to sacramental living(Holy Communion and Penance)?
14. Have I helped make my parish community stronger and holier? Have I contributed to the support of the Church?
15. Have I done penance by abstaining and fasting on obligatory days? Have I fasted before receiving communion?
16. Have I been mindful of the poor? Do I accept God's will for me?