

7. You shall not steal.

- ◆ Stolen or damaged another's property
- ◆ Have not made reparation for the damage that I have done
- ◆ Been lazy or neglectful in my work or dishonest in my business relations
- ◆ Misused company time and/or resources
- ◆ Caused financial hardship because of my gambling
- ◆ Purchased, received, or sold stolen goods
- ◆ Defrauded workers their wages
- ◆ Defrauded creditors
- ◆ Willfully bribed or accepted bribes
- ◆ Willfully evaded taxes
- ◆ Committed excessive waste
- ◆ Violated copyrights (e.g., music, videos)

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

- ◆ Told a lie or lies
- ◆ Bore false witness (not under oath) or committed perjury (lying under oath)
- ◆ Judged others rashly
- ◆ Gossiped or unnecessarily shared the faults of others thereby damaging their reputation
- ◆ Revealed information that should be kept confidential

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

- ◆ Sought the affections of another's wife or husband
- ◆ Failed to uphold the dignity of my spouse in all circumstances
- ◆ Contemplated infidelity to my spouse

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

- ◆ Allowed myself to be jealous of others, of their personal qualities, success, material possessions, or financial status
- ◆ Neglected good stewardship of my finances, time and energy, failing to share them with the Church and with those in need.

How to Go to Confession

1. The priest will begin with the Sign of the Cross. He will then offer a short word of encouragement.
2. The penitent begins by saying, ***"Bless me Father for I have sinned, it has been (number of days, weeks, months, etc.) since my last confession. These are my sins."***
3. Confess all mortal sins committed since your last confession by kind and number. You may also confess venial sins.
4. At the end of your confession say these or similar words: ***"For these and all the sins of my life I am sorry."***
5. The priest may ask questions for clarification or give you some counsel on a point from your confession.
6. The priest will give you a penance.
7. The penitent makes 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 I dread the loss of heaven and the pains of hell - 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 occasion of sin. Amen."
8. The priest will give you absolution. The words necessary for forgiveness are "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit."
9. The priest dismisses the penitent: "The Lord has freed you from your sins. Go in peace."
10. The penitent responds:
"Thank you, Father."
11. The penitent says the prayers or resolves to do the work imposed as penance.

SACRAMENT OF RECONCILIATION

Examination of Conscience



The Prodigal Son c. 1669
Rembrandt Harmenszoon van Rijn

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

- ◆ Neglected my prayer to God
- ◆ Careless or willfully distracted in my prayer
- ◆ Seriously doubted my faith
- ◆ Put myself in danger of losing my faith through reading questionable material, or engaging in superstitions or occult practices (e.g., witchcraft, ouija boards, astrology, etc)
- ◆ Persisted in sin rather than trying to overcome it
- ◆ Neglected opportunities to learn more about my faith
- ◆ Willfully denied the Catholic faith
- ◆ Involvement in false or pagan worship
- ◆ Apostasy (i.e., intentionally left the Church)
- ◆ Received Holy Communion, Confirmation, or Matrimony in the state of mortal sin
- ◆ Married by a justice of the peace or in another Christian denomination (without dispensation)
- ◆ Despaired of God's grace or mercy
- ◆ Presumption (committed a sin with the idea that I could then just go to confession)
- ◆ Simony (buying/selling of spiritual things)
- ◆ Have not received Holy Communion at least once per year (if possible, during the Easter season)
- ◆ Desecrated the Holy Eucharist
- ◆ Substituted the "gods" of money, prestige, pleasure, etc. for the true God

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

- ◆ Spoken the name of God in a disrespectful way
- ◆ Used profanity or taken a false oath
- ◆ Blasphemy (i.e., words of hatred, reproach or defiance toward God, speaking ill of God)

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

- ◆ Missed Mass on Sunday or a Holy Day of Obligation without a serious reason
- ◆ Unnecessarily late for Mass or left early without a serious reason
- ◆ Inattentive or lacked devotion at Mass
- ◆ Did not keep the fast and abstinence on the prescribed days
- ◆ Allowed unnecessary work to interfere with worship, rest, and family life that God has ordained for Sunday

4. Honor your father and mother.

- ◆ Disobeyed or disrespectful to my parents
- ◆ Disobeyed or disrespectful to lawful authority (e.g., parents, teachers, employers)
- ◆ Neglected physical and spiritual duties toward spouse or children
- ◆ Neglected parents, especially as they advance in age

5. You shall not kill.

- ◆ Nurtured hatred or a desire for revenge toward anyone
- ◆ Willfully wished evil upon another
- ◆ Insulted someone
- ◆ Impatient with someone
- ◆ Refused to forgive others (e.g., holding onto anger or resentment)
- ◆ Tried to physically injure someone
- ◆ Too harsh in the discipline of my children
- ◆ Had an abortion, or advocated abortion, either in words or actions
- ◆ Promoted or involved in euthanasia
- ◆ Recklessly endangered the health or life of myself or others through illicit drugs or abuse of alcohol, or dangerous speeding, etc.
- ◆ Intemperate in eating or drinking
- ◆ Did not bury the dead (e.g., ashes must be buried)

6. You shall not commit adultery.

- ◆ Sought sexual pleasure outside of marriage, through indecent pictures, books, movies, the internet, conversations or through willfully impure thoughts or actions
- ◆ Treated my spouse as an object for pleasure rather than as a person to deepen communion in the marital act
- ◆ Used contraceptive measures to deprive the marriage act of its natural, God-given openness to life
- ◆ Participated in immoral procreative techniques such as in vitro fertilization or artificial insemination
- ◆ Sterilized myself for contraceptive purposes
- ◆ Purchased, viewed, or made use of pornography
- ◆ Committed masturbation
- ◆ Committed adultery (i.e., sexual relations with someone who is married, or with someone other than my spouse)
- ◆ Committed fornication (i.e., sexual relations with someone before marriage)
- ◆ Engaged in homosexual activity (i.e., sexual activity with someone of the same sex)
- ◆ Engaged in unnatural sexual activity
- ◆ Engaged in sexual activity reserved for marriage
- ◆ Committed incest
- ◆ Committed rape
- ◆ Purposely dressed immodestly to attract attention
- ◆ Engaged in prostitution, or paid for the services of a prostitute
- ◆ Listened to music or jokes harmful to purity
- ◆ Made uninvited or unwelcome sexual advances toward someone
- ◆ Preyed upon children or youth for sexual pleasure
- ◆ Introduced others to sexual immorality