

EXAMINATION OF CONSCIENCE #3

FIVE STEPS TO MAKE A GOOD CONFESSION

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins.
4. Resolve to never sin again.
5. After your confession, do the penance the priest assigns.

EXAMINATION OF CONSCIENCE #3

Many of these sins are mortal and the Eucharist is forbidden until a good confession is made to a priest. If in doubt whether a sin is mortal or venial, consult a good catechisms or priest very loyal to the Holy Father and Rome's teachings. A **mortal sin** involves a serious matter, there is sufficient reflection and it is committed with full consent of the will.

Did I deny or doubt God's existence?

Did I refuse to believe God's revelation?

Did I believe in horoscopes, fortune telling, dreams, good luck charms or reincarnation?

Did I deny that I was a Catholic?

Did I leave the Catholic faith?

Did I despair of or presume on God's mercy?

Did I neglect prayer for a long time?

Did I fail to pray daily?

Did I blaspheme God or take God's name in vain, curse or break an oath or vow?

Did I miss Mass on Sunday or Holy Day of Obligation through my own fault?

Am I always reverent in the presence of the most Blessed Sacrament?

Was I inattentive at Mass?

Did I come to Mass late? How late? Did I leave Mass early?

Did I do unnecessary physical work on Sunday?

Did I disobey or disrespect my parents or legitimate superiors?

Did I neglect my duties to my husband, wife, children or parents?

Did I fail to actively take an interest in the religious education and formation of my children?

Have I failed to educate myself on the true teachings of the Church?

Did I give a full day's work in return for my full day's pay?

Did I give scandal by what I said or did, especially to the young?

Was I the cause of anyone leaving the faith?

Did I give a fair wage to my employee?

Was I impatient, angry, envious, unkind, proud, jealous, revengeful, hateful toward others.

EXAMINATION OF CONSCIENCE #3

(continued)

Was I lazy or slothful?

Did I give bad example, abuse drugs, drink alcohol to excess, fight or quarrel?

Did I physically injure or kill anyone?

Did I seek or advise another to have an abortion?

Regarding abortion, check with your priest to see if you were automatically excommunicated and this has to be lifted first.

Did I participate in or approve of the grave evil known as “mercy killing”?

Did I attempt suicide?

Did I wilfully entertain impure thoughts and desires?

Did I dress immodestly?

Did I use impure or suggestive words?

Tell impure stories? Or listen to them?

Did I deliberately look at impure TV, plays, pictures or movies? Or deliberately read impure material?

Did I perform impure acts by myself or with others? Which ones?

Note that in the areas of deliberate sexual sins, all are mortal if there is sufficient reflection and full consent of the will.

Did I marry or advise another to marry outside the Church?

Did I abuse my marriage rights?

Was I unfaithful to my marriage vows?

Have I kept company with someone else’s spouse?

Did I practice artificial birth control or was I or my spouse sterilized?

Did I steal, cheat, help or encourage others to steal, or keep stolen goods?

Have I made restitution for stolen goods?

Did I fulfil my contracts; give or accept bribes; pay my bills; rashly gamble or speculate; deprive my family of necessities of life?

Did I tell lies? Deliberately to deceive; or injure others by lies? Did I commit perjury?

Was I uncharitable in word or deed, gossip or reveal others faults and sins? Fail to keep secrets I should have?

Did I eat meat on the Fridays of Lent or Ash Wednesday?

Did I fast as required on Ash Wednesday and Good Friday?

Did I fail to receive Holy Communion during the Easter time?

Fail to confess at least once a year?

Did I go to Holy Communion in the state of mortal sin? Without fasting (water and medicine permitted) for one hour or more from food and drink?

Did I make a bad confession?

Did I fail to contribute to the support of the Church?