

7. You shall not steal, and (10) You shall not covet your neighbor's goods.

- ___ Have I seriously entertained temptations to steal?
- ___ Have I stolen anything? What was it worth? Have I returned the stolen item or intend to return it?
- ___ Have I refused to seek the owner of property that I have found?
- ___ Have I damaged or been responsible for the damage of another person's property? What would be the cost of repairing or replacing it?
- ___ Have I caused harm to anyone in business dealings by means of fraud, deception, or coercion?
- ___ Have I been responsible with the money or other means of wealth which God has entrusted to me?
- ___ Have I spent beyond my means?
- ___ Have I deprived others of their needs by spending too little?
- ___ Have I been envious of the wealth or material goods of another person?
- ___ Have I honored my debts?
- ___ Have I been lazy with respect to my employment, household chores, work, or studies?
- ___ Have I been greedy?
- ___ Have I placed too high a value on material goods?
- ___ Have I failed to help those whom I know are truly needy?
- ___ Have I set my heart primarily on earthly pleasures and possessions, and not on the true treasures of Heaven?

8. You shall not lie.

- ___ Have I lied?
- ___ Have I sought to make up for the damage caused by my lies?
- ___ Have I accused or hastily judged others of wrongdoing without sufficient evidence?
- ___ Have I been guilty of detraction (that is, speaking about the faults of others without a good reason for doing so)?
- ___ Have I been guilty of calumny (that is, to falsely accuse someone of sinful conduct)?
- ___ Have I gossiped about another person?
- ___ Have I been excessively critical, negative, and uncharitable in my speech?
- ___ Have I failed to honor the confidences or secrets entrusted to me by another? Have I revealed them to someone else without permission or without due or serious cause?
- ___ Have I failed to defend the good name or honor of others?

Steps to a Good Confession

1. Carefully examine your conscience.
2. Be sincerely sorry for your sins.
3. Make a firm resolution not to sin again and to avoid the near occasion of sin.
4. Tell your sins to the priest, say an Act of Contrition when asked to do so, and receive absolution.
5. Do the penance the priest gives you.

Suggested Dialogue

Priest: May the Lord be on your heart, on your mind, and on your lips so that you may know your sins, and confess them with true repentance and a firm purpose of amendment.

Penitent: Bless me Father, for I have sinned. It has been _____ since my last confession

Here state your sins. Priest gives counsel and penance.

Penitent makes Act of Contrition when asked to do so:

Oh 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 have offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen.

Receive absolution and then respond "Thanks be to God."



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The Celebration of the Sacrament of Penance and Reconciliation



“To those who have been far away from the Sacrament of Reconciliation and forgiving love I make this appeal: come back to this source of grace; do not be afraid! Christ is waiting for you. He will heal you and you will be at peace with God!”

—John Paul II, September 13, 1987

High School and Adult



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1. You shall not have other gods before Me.

- ___ Have I been slow or reluctant to perform my duties toward God?
- ___ Have I neglected to pray every day?
- ___ Have I prepared myself properly for Holy Communion or received Holy Communion in the state of mortal sin?
- ___ Have I neglected to confess a mortal sin in a previous confession, when I was aware of committing one?
- ___ Have I practiced superstition or engaged in occult practices, such as consulting horoscopes, tarot cards, or ouija boards?
- ___ Have I participated in séances or satanic services and/or prayers?
- ___ Have I refused to accept any teaching of the Church?
- ___ Have I put my soul in danger by reading, viewing, or listening to material that attacks the teachings of the Catholic Church in matters of faith or morals?
- ___ Do I belong to any anti-Catholic organizations or have I attended the meetings or gatherings of any of them?
- ___ Have I worshiped at any non-Catholic services which the Catholic Church does not approve?

2. You shall not take the Name of the Lord Your God in vain.

- ___ Have I taken the Holy Name of God in vain or spoken His Name in anger?
- ___ Have I jokingly or irreverently spoken about God or about any sacred person, place or thing?
- ___ Have I been a baptismal or confirmation sponsor in a non-Catholic ceremony?
- ___ Have I broken any promise(s) in which I invoked God's Name (oaths)?

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

- ___ Have I failed to attend Mass on Sundays or holy days of obligation without just cause (for example, serious illness or impassible roads or pathways)?
- ___ Have I arrived at Mass after the Liturgy of the Word or left Mass early, without just cause?
- ___ Have I deliberately failed to pay attention at Mass?
- ___ Have I worn improper attire to Mass, or distracted others from paying attention at Mass?
- ___ Am I generous in helping the Church, contributing some of my allowance or savings at collection time to help the Church in her necessities as much as I can?
- ___ Do I fast and practice abstinence on the days or at the times which are appointed by the Church?
- ___ Have I fulfilled my yearly Easter duty of receiving Holy Communion (and going to Confession, if necessary)?
- ___ Have I performed (or required others to perform) unnecessary labor on Sundays (not including acts of mercy or labor as a public servant, hospital worker, caring for farm animals, etc.)?

4. Honor your father and your mother.

- ___ Have I disobeyed my parents, or have I been disrespectful to them in other ways?
- ___ Have I failed to express my love for my parents?
- ___ Have I failed to help my parents when they were unable to meet their basic needs?
- ___ Do I nurse angry feelings or show resentment when I am corrected by my parents?
- ___ Am I content with the blessings I have received from God in my parents and family, or do I nurture a selfish or an unwholesome desire to leave my parents' home when I am too young to do so?
- ___ Am I a financial burden to my parents when I can take care of my own financial needs?
- ___ Do I faithfully perform, without complaining, the household and outdoor chores my parents give me to do?

5. You shall not kill.

- ___ Have I lost my temper or become unjustly angry at others?
- ___ Have I murdered or otherwise unjustly injured (no matter how slight) anyone?
- ___ Have I been a reckless driver?
- ___ Have I tempted others to sin by my bad example, immodest dress, or sinful conversation?
- ___ Have I encouraged others to read or watch sinful materials or programs or to otherwise do sinful things?
- ___ Have I tried to make up for or repair for any scandal I may have given others?
- ___ Have I tried to commit suicide?
- ___ Have I failed to take proper care of my health?
- ___ Have I mutilated myself or someone else?
- ___ Have I been drunk or intoxicated on alcohol or other substances?
- ___ Have I intentionally overindulged in food or drink (gluttony)?
- ___ Have I participated in gang fights or other illegal gang activities?
- ___ Have I picked fights with or quarreled with anyone, including my brothers and sisters?
- ___ Have I been a bully or maliciously teased or insulted others?
- ___ Have I consented to a sterilization or encouraged others to do so, or actively taken part in someone else's sterilization?
- ___ Have I practiced contraception or encouraged others to do so?
- ___ Have I recommended, consented to, advised, or actively taken part in an abortion? Am I aware of Church teaching that abortion is a mortal sin, and that those who actively take part (for example, doctor, nurse, and mother) in an abortion are excommunicated?

- ___ Have I fulfilled my responsibility as a voting citizen to elect government officials, where possible, who uphold God's law, particularly with respect to the sanctity of human life from conception until natural death?
- ___ Have I harmed anyone by my speech or actions?
- ___ Have I desired to take revenge on anyone who offended me?
- ___ Have I hated or nursed bad feelings (resentment) or refused pardon toward any person?
- ___ Have I sought pardon of those whom I have offended?

6. You shall not commit adultery, and (9) You shall not covet your neighbor's wife.

- ___ Have I deliberately recalled or entertained impure thoughts or desires?
- ___ Have I been involved in acts which arouse lustful desires (such as necking, petting, passionate kissing, and prolonged embraces)?
- ___ Have I had sexual relations with a member of the opposite sex, when neither of us was married (fornication)?
- ___ Have I had sexual relations with a married person who is not my spouse (adultery)?
- ___ Have I engaged in impure conversations?
- ___ Have I placed myself in proximate (close) occasions of sin, such as sensual dances; sexually suggestive movies, plays, or reading material; evil company; houses of prostitution; massage parlors; sharing of a room with a member of the opposite sex; being alone with a person with whom I have continually sinned with, or deliberately taken such a person to a secluded place?
- ___ Have I neglected to dress modestly or to otherwise safeguard purity?
- ___ Have I failed to investigate the sinful potentials of watching a particular show or reading a particular book or magazine?
- ___ Have I willfully looked at immodest pictures?
- ___ Have I displayed immodest looks or glances at myself or others?
- ___ Have I led others to commit the sins of immodesty or impurity? Specifically speaking, what were they?
- ___ Have I committed impure acts with myself (masturbation)?
- ___ Have I committed impure acts with someone else, either of the opposite sex or the same sex (homosexual acts)?
- ___ Do I have evil or immoral friendships? Have I taken steps to break these friendships?
- ___ Have I engaged in immodest conduct or conversation with someone I am seriously thinking of marrying?
- ___ Have I tended to use this person as an object for my pleasure, rather than a person created in God's image and likeness whom God has placed in my life to respect and reverence?