

1. You shall not have other gods before Me.

- ___ Have I neglected to pray every day?
- ___ Is there any grave sin in my past (since I was baptized) that I have never confessed to a priest?
- ___ Have I received Holy Communion in the state of mortal sin or neglected to prepare myself properly to receive Holy Communion?
- ___ Have I received sacraments when unable to do so because of being in a marital relationship that is not considered a valid by the Catholic Church?
- ___ Have I made a bad confession by deliberately withholding or avoiding the confession of a mortal sin of which I was aware?
- ___ Have I practiced superstition or engaged in occult Practices using horoscopes, tarot cards, Ouija boards, séances or satanic rituals?
- ___ Do I seek to nourish and protect my Catholic faith?
- ___ Have I refused to accept any Church teaching?
- ___ Have I put my soul in danger by entertaining material that attacks the teachings of the Catholic Church in matters of faith or morals?
- ___ Have I belonged to or supported anti-Catholic organizations, or attended their gatherings?
- ___ Have I inappropriately participated in a non-Catholic worship service (i.e. receiving communion or professing different beliefs)?
- ___ Have I presumed on God's mercy, acting as if it is not necessary for me to turn away from serious sin in order to be saved?
- ___ Have I given in to the sin of despair, abandoning my hope in God's love and the promise of salvation for all those who turn to God with a sincere heart?

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

- ___ Have I taken the Holy Name of God in vain?
- ___ Have I spoken God's Name in anger?
- ___ Have I been irreverent or disrespectful toward God?
- ___ Have I spoken about, or treated any sacred person, place or thing, with irreverence or disrespect?
- ___ Have I been a baptismal or confirmation sponsor in a non-Catholic ceremony? (There is a difference between being a "witness" and a "sponsor.")

- ___ 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 Sunday or a holy day of obligation without a just cause (for example, serious illness or impassible roads)?
- ___ 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 otherwise distracted others from paying attention at Mass?
- ___ Am I generous in helping the Church, contributing a portion of my earnings to the collection to help the Church and the poor?
- ___ Do I fast (age 18 to 59) and abstain from meat (age 14+) on the days appointed by the Church?
- ___ Have I fulfilled my yearly Easter duty of receiving Holy Communion (and going to Confession first, if necessary)?
- ___ Have I performed (or required others to perform) unnecessary labor on Sundays (not including acts of mercy, church activities, labor as a public servant, hospital worker, necessary caring for farm animals... etc.)?

4. Honor your father and your mother.

- ___ Have I disobeyed my parents (when I was under their care), or been disrespectful toward them?
- ___ Have I failed to express my love for my parents? Grandparents? Siblings? Spouse? Children?
- ___ Have I failed to help my parents in their old age or when they were unable to meet their basic needs?
- ___ 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 rebel against my parents' involvement in my life?
- ___ Have I been a financial burden to my parents, or other family members, when I can help take care of my own financial needs?
- ___ Do I honor my parents by helping them when it is appropriate to do so?
- ___ Have I raised my children in the faith, having them baptized, confirmed, & educated in the Catholic faith?

- ___ Did I train my children to practice their faith by taking them to Mass on Sundays and Holy Days of Obligation?
- ___ Did I train them by word and example to pray daily? To value, nurture, and protect their Catholic faith? To avail themselves of the sacrament of Confession on a regular basis? To be active in their parish, with time, talent and treasure?
- ___ Have I encouraged my children to continue to practice their Catholic faith as they have grown up?
- ___ Have I neglected my children's physical, spiritual, emotional, or educational needs?
- ___ Have I tried to safeguard my children from the harmful aspects of the Internet and entertainment media? Or do I allow them full, unsupervised access to the Internet and objectionable cable TV in their bedrooms or on their electronic devices?
- ___ Have I been responsible with regard to the financial concerns of my family?
- ___ Do I nurse angry feelings or show resentment when I am corrected by those in authority?
- ___ Have I sought to know and obey the laws of the Church?

5. You shall not kill.

- ___ Have I lost my temper or become unjustly angry?
- ___ Have I murdered, unjustly injured, or wished harm on anyone?
- ___ Have I endangered lives by reckless driving, driving under the influence of alcohol, or while texting?
- ___ 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 do sinful things?
- ___ Have I tried to make up for or repair any scandal (bad example) I may have given?
- ___ 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 intentionally gotten drunk or intoxicated on alcohol or other substances?
- ___ Have I intentionally overindulged in food or drink (gluttony)?
- ___ Have I participated in gang violence or illegal gang activities?

- ___ Have I picked fights with or quarreled with anyone, including my family members?
- ___ Have I bullied, maliciously teased, or insulted others?
- ___ Have I consented to a sterilization, or encouraged or helped others to do so?
- ___ Have I practiced contraception or encouraged others to do so?
- ___ Have I used immoral fertility methods (such as In Vitro Fertilization) to achieve pregnancy? Have I sought to know and understand the Church's teaching in these areas?
- ___ 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 intentionally 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 anyone?
- ___ Have I sought pardon of those I have offended?

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

- ___ Have I deliberately recalled or entertained impure thoughts or desires?
- ___ Have I been involved in acts outside of marriage which arouse sexual desires (such as necking, petting, passionate kissing, or prolonged embraces)?
- ___ Have I had sexual relations with a member of the opposite sex, outside of marriage (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 dancing; sexually suggestive movies, plays, or reading material; immoral company or establishments;

sharing of a room with someone of the opposite sex; being alone with someone with whom I have continually sinned, 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 beforehand if watching a particular movie, show or reading a particular book or magazine might be a source of temptation?
- ___ Have I willfully looked at immodest pictures?
- ___ Have I given or encouraged immodest looks or glances?
- ___ Have I sought to understand the Church's teaching on sexual morality?
- ___ Have I made fun of the Church's teachings?
- ___ Have I led others to commit sins of immodesty or impurity? In what ways?
- ___ 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 as a person created in God's image and likeness whom God has placed in my life to respect and reverence?

7. & 10. You shall not steal, and 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 irresponsible with money or other means of wealth, spending

- ___ Have I spent irresponsibly or beyond my means?
- ___ Have I been envious of the wealth or material goods of another person?
- ___ Have I honored my debts?
- ___ Have I been lazy at 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 do my part 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 tried to repair any 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)?
- ___ 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?

“Each of the faithful is bound by an obligation faithfully to confess serious sins at least once a year.’ Anyone who is aware of having committed a mortal sin must not receive Holy Communion, even if he experiences deep contrition, without having first received sacramental absolution, unless he has a grave reason for receiving Communion and there is no possibility of going to confession.”

CCC 1457

Steps to a Make Good Confession

1. Carefully examine your conscience.
2. Be sincerely sorry for your sins.
3. Make a firm resolution to not sin again and to avoid the near occasions of sin.
4. Tell your sins to the priest. All unconfessed mortal sins, of which you are aware, must be confessed by kind & number as best you can.
5. Say an Act of Contrition when asked to do so.
6. Receive absolution.
7. Do the penance the priest gives you.

Suggested Dialogue

The priest greets the penitent.

Priest: May the Lord who enlightens every heart, help you to know your sins, and to trust in his mercy.

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 says an Act of Contrition:

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.

Priest: Give thanks to the Lord for he is good.

Penitent: His mercy endures forever.

Priest: Your sins are forgiven, go in peace.

Penitent: Thanks be to God.

The Celebration of the Sacrament of Penance and Reconciliation

For Adults and Young Adults



“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!”

Blessed John Paul II,
September 13, 1987

“There is no offense, however serious, that the Church cannot forgive.”

Catechism of the Catholic Church (CCC), par. 982

“To do its work grace must uncover sin so as to convert our hearts.” CCC, 1848

“One who desires to obtain reconciliation with God and with the Church, must confess to a priest all the unconfessed grave sins he remembers after having carefully examined his conscience.” CCC, 1493