

# Examination of Conscience and Catholic Doctrine

## The Ten Commandments

- I. I am the Lord Thy God. Thou shall not have strange gods before Me.
- II. Thou shall not take the Name of the Lord thy God in vain.
- III. Remember to keep holy the Lord's Day.
- IV. Honor thy father and thy mother.
- V. Thou shall not kill.
- VI. Thou shall not commit adultery.
- VII. Thou shall not steal.
- VIII. Thou shall not bear false witness.
- IX. Thou shall not covet thy neighbor's wife.
- X. Thou shall not covet thy neighbor's goods.

## The Two Greatest Commandments

- I. You shall love the Lord your God with your whole heart, with your whole soul and with all your mind.
- II. You shall love your neighbor as yourself.

## The Precepts of the Church

1. You shall attend Mass on Sundays and on Holy Days of Obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the Sacrament of the Eucharist at least during the Easter Season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

## Prayer Before Confession

Come, Holy Spirit, enlighten my mind that I may clearly know my sins. Move my heart that I may be sincerely sorry for them, honestly confess them and firmly resolve to amend my life. Spirit of Wisdom, grant me to see the malice of sin and my ingratitude toward You, the all-loving God. Spirit of Fortitude, help me to make whatever sacrifice is needed to avoid sin in the future. Amen.

## Examination of Conscience

- 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** abandon 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 a Sunday or on a 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** arrive at Mass late?
- Did I** leave Mass early?
- Did I** do unnecessary servile 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 concerning the teachings of the Church?

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

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

**Was I** the cause of anyone abandoning the Catholic Faith?

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**Did I** give a fair wage to my employee(s)?

**Was I** impatient, angry, envious, unkind, proud, jealous, revengeful, hateful toward others or lazy?

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

**Did I** physically injure or kill anyone?

**Have I** had or advised anyone to have an abortion?

**Did I** participate in or approve of the grave evil known as "mercy killing" or euthanasia?

**Did I** attempt suicide?

**Did I** willfully entertain impure thoughts and desires?

**Did I** dress immodestly?

**Did I** use impure or suggestive words?

**Did I** tell impure stories or listen to them?

**Did I** deliberately look at impure television, internet, plays, pictures or movies?

**Did I** deliberately read impure material?

**Did I** perform impure acts by myself (masturbation) or with another (adultery, fornication or sodomy)?

**Did I** marry or advise another to marry outside of 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 permanently sterilized (tubal ligation or vasectomy)?

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

**Have I** made restitution for stolen goods?

**Did I** fulfill my contracts, give or accept bribes, pay my bills, rashly gamble or speculate or deprive my family of the necessities of life?

**Did I** tell lies? Deliberately in order to deceive or injure others?

**Did I** fulfill my contracts, give or accept bribes, pay my bills, rashly gamble or speculate or deprive my family of the necessities of life?

**Did I** tell lies? Deliberately in order to deceive or injure others?

**Did I** commit perjury?

**Did I** vote in accordance with a properly informed conscience, in a way consistent with the teachings of the Church, in regard to the sanctity of human life and human life issues?

**Was I** uncharitable in word or deed? **Did I** gossip or reveal the faults and sins of others?

**Did I** fail to keep secrets that I should have kept?

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

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

**Did I** fail to receive Holy Communion during the Easter Season?

**Did I** fail to confess my sins at least once a year?

**Did I** go to Holy Communion in the state of mortal sin?

**Did I** go to Holy Communion without fasting for one hour or more from food and drink (water and medicine are permitted)?

**Did I** make a bad Confession?

**Did I** deliberately not tell all the sins I committed during one of my Confessions?

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

### How to go to Confession

1. The priest will greet you.
2. The penitent says: "Forgive me, Father, for I have sinned." You then say how long it has been since your last Confession.
3. The penitent tells the priest his sins and answers any questions.
4. The priest will give you some advice and will assign you a penance.
5. The penitent will next pray the Act of Contrition (see prayer below).
6. The priest then gives the penitent absolution.
7. The priest will then say: "Give thanks to the Lord, for He is good."
8. The penitent responds: "His mercy endures for ever." The priest will then dismiss you.

### Act of Contrition

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

confess my sins, to do penance and to amend my life. Amen.

### Prayer After Confession

Almighty and Merciful God, Whose mercy is boundless and everlasting and of Whose goodness the riches are infinite, I thank You because You have so graciously pardoned all my sins and restored Your Heavenly favor. I am awed by Your divine compassion and the incomprehensible love of Your Son, which has led Him to institute so gentle and powerful a remedy for sins. In union with all the gratitude that has ever ascended to You from truly penitent hearts, I proclaim Your merciful praises on behalf of all in Heaven, on earth and in purgatory, for ever and ever. Amen.

### God

There is One God in three Divine Persons:  
Father, Son and Holy Spirit.

### Jesus Christ

Jesus is one Person: a Divine Person. He has two natures: a Divine Nature and a Human Nature.

### Titles of the Blessed Virgin Mary

The New Eve, Mother of God, Mother of the Church, Our Lady, Most Holy Virgin, Queen, Advocate, Auxiliatrix, Adjutrix and Mediatrix.

### The Four Marks of the Church

One, Holy, Catholic and Apostolic.

### The Seven Sacraments

Baptism, Confession, Holy Eucharist, Confirmation, Matrimony, Holy Orders and Anointing of the Sick.

### What is a Sacrament?

A Sacrament is an outward, visible sign instituted by Jesus Christ that gives the grace it signifies.

### The Theological Virtues

Faith, Hope and Charity.

### The Cardinal Virtues

Prudence, Justice, Temperance and Fortitude.

### The Gifts of the Holy Spirit

Wisdom, Knowledge, Understanding, Counsel, Piety, Fortitude and Fear of the Lord.

### The Fruits of the Holy Spirit

Joy, Long-Suffering, Charity, Humility, Peace, Fidelicity, Patience, Modesty, Kindness, Contenance, Goodness and Chastity.

### The Beatitudes

1. Blessed are the poor in spirit; for theirs is the Kingdom of Heaven.
2. Blessed are the meek; for they shall possess the land.
3. Blessed are they that mourn; for they shall be comforted.
4. Blessed are they that hunger and thirst for justice; for they shall be filled.
5. Blessed are the merciful; for they shall obtain mercy.
6. Blessed are the pure of heart; for they shall see God.
7. Blessed are the peacemakers; for they shall be called the children of God.
8. Blessed are they that suffer persecution for justice's sake; for theirs is the Kingdom of Heaven.

### The Corporal Works of Mercy

To feed the hungry, give drink to the thirsty, clothe the naked, visit the imprisoned, shelter the homeless, visit the sick and bury the dead.

### The Spiritual Works of Mercy

To admonish the sinner, instruct the ignorant, counsel the doubtful, comfort the sorrowful, bear wrongs patiently, forgive all injuries and pray for the living and the dead.

### Three Eminent Good Works

Prayer, Fasting and Almsgiving.

### The Evangelical Counsels

Chastity, Poverty and Obedience.

### The Seven Capital Sins and their Opposite Virtues

1. Pride – Humility.
2. Avarice – Generosity.
3. Lust – Chastity.
4. Anger – Meekness.
5. Gluttony – Temperance.
6. Envy – Brotherly Love.
7. Sloth or Acedia – Diligence.

### Sins Against the Holy Spirit

1. Presumption on God's Mercy.
2. Despair.
3. Resisting and/or Attacking the known truth.
4. Envy at another's spiritual good.
5. Obstinacy in sin.
6. Final impenitence.

### Sins Crying to Heaven for Vengeance

1. Willful murder.
2. Sodomy.
3. Oppression of the poor.
4. Defrauding laborers of their wages.

### Nine Ways of Being an Accessory to Another's Sin

1. By counsel.
2. By command.
3. By consent.
4. By provocation.
5. By praise or flattery.
6. By concealment.
7. By partaking.
8. By silence.
9. By defense of the sinful action.