

Are you ready for a good confession?

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

Do I give God time every day in prayer? Do I seek to love Him with my whole heart? Have I been involved with superstitious practices or have I been involved with the occult? Do I seek to surrender myself to God's Word as taught by the Church? Have I ever received Communion in a state of mortal sin? Have I ever deliberately told a lie in confession or have I withheld a mortal sin from the priest in confession?

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

Have I used God's name in vain: lightly or carelessly? Have I been angry with God? Have I wished evil upon another person? Have I insulted a sacred person or abused a sacred object?

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

Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Have I tried to observe Sunday as a family day and a day of rest? Do I do needless work on Sunday?

[4] Honour your Father and your Mother.

Do I honour and obey my parents? Have I neglected my duties to my spouse and children? Have I given my family good religious example? Do I try to bring peace into my home life? Do I care for my aged and infirm relatives?

[5] You shall not kill.

Have I had an abortion or encouraged anyone to have an abortion? Have I physically harmed anyone? Have I abused alcohol or drugs? Did I give scandal to anyone, thereby leading them into sin? Have I been angry or resentful? Have I harbored hatred in my heart? Have I mutilated myself through any form of sterilization? Have I encouraged or condoned sterilization?

[6] You shall not commit adultery.

Have I been faithful to my marriage vows in thought and action? Have I engaged in any sexual activity outside of marriage? Have I used any method of contraception or artificial birth control in my marriage? Has each sexual act in my marriage been open to the transmission of new life? Have I been guilty of masturbation? Have I sought to control my thoughts? Have I respected all members of the opposite sex, or have I thought of other people as objects? Have I been guilty of any homosexual activity? Do I seek to be chaste in my thoughts, words and actions? Am I careful to dress modestly?

[7] You shall not steal.

Have I stolen what is not mine? Have I returned or made restitution for what I have stolen? Do I waste time at work, school or at home? Do I gamble excessively, thereby denying my family of their needs? Do I pay my debts promptly? Do I seek to share what I have with the poor?

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

Have I lied? Have I gossiped? Have I spoken behind someone else's back? Am I sincere in my dealings with others? Am I critical, negative or uncharitable in my thoughts of others? Do I keep secret what should be kept confidential?

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

Have I consented to impure thoughts? Have I caused them by impure reading, movies, conversations or curiosity? Do I seek to control my imagination? Do I pray at once to banish impure thoughts and temptations?

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

Am I jealous of what other people have? Do I envy the families or possessions of others? Am I greedy or selfish? Are material possessions the purpose of my life? Do I trust that God will care for all of my material and spiritual needs?