

- Stealing goods or money;
- Damaging or destroying public or private property;
- Accepting or buying stolen property;
- Cooperating with another who steals;
- Smuggling;
- Filing an unjust lawsuit or making unjust claims in a lawsuit;
- Dishonesty in business dealings;
- Charging exorbitant prices;
- Concealing defects of goods offered for sale;
- Not paying a worker justly;
- Failure to do the right amount of work for which one is paid; working poorly;
- Failure to pay income tax or the right amount of tax;
- Offering or accepting bribes;
- Excessive gambling or betting;
- Not paying one's debts;
- Neglect or needless delay in paying bills;
- Borrowing without permission of the owner;
- Not reporting incorrect change to a cashier;
- Failing to return something borrowed;
- Using money in a selfish or irresponsible way (e.g., needless or extravagant spending or shopping);
- Not sincerely seeking out the owner of something that was found;
- Failure to contribute to the support of the Church according to one's means;
- Not making restitution for goods stolen or damaged;
- Cheating on tests, schoolwork, or homework by students;
- Violation of copyright, any kind of fraud;
- Cheating in games or sports;
- Wasteful or abusive use of goods or food.

VIII. "You shall not bear false witness against your neighbor."

- Deliberate lies;
- Perjury (lying under oath);
- Not keeping lawful promises or oaths;
- Swearing to do something sinful or unlawful;
- Deliberately trying to overhear another's confession;
- Harming another's reputation (slander or gossip);
- Telling the faults of others (detraction);
- Revealing secrets that should be kept; betraying trust;
- Reading another's letters or private documents when one has not the right;

- Boasting of our sins;
- Uncharitable criticism;
- Rash judgments and false suspicions;
- Deliberately misleading or deceiving another;
- Refusing to forgive another who asks pardon, or holding a grudge;
- Failing to make an apology to one who has been offended.

IX. "You shall not covet your neighbor's wife."
(See also the Sixth Commandment).

- Willful thoughts or desires of impurity.
- X. "You shall not covet anything that belongs to your neighbor."*
- Loving any persons or things more than God;
 - Failure to have charity for one's neighbor;
 - Greed (excessive desire to possess material things or too great a preoccupation with them);
 - Selfishness; self-pity;
 - Wanting to keep, take, or damage the property of others;
 - Desiring to possess, control, or restrict another unlawfully;
 - Jealousy or envy of another's good fortune, good looks, reputation, or possessions; delighting in another's disgrace or misfortune;
 - Wishing evil for others;
 - Pride; vanity; desiring to be praised;
 - Failure to do something that ought to be done;
 - Fully intending to commit some sin by giving internal consent but not succeeding in accomplishing it by an external act.

The Sacrament of Reconciliation and an Examination of Conscience

Jesus, before ascending into heaven, gave His apostles the power to forgive sins. Bishops and priests, acting in the person of Christ, continue this mission of mercy through the sacrament of penance. Through these human instruments, the Lord forgives our sins in virtue of His Cross and Resurrection. In completing our return to God, we must seek sacramental forgiveness of our sins. For sin is an offense against God; it sets itself against God's love for us, and it turns our hearts away from God's love.

We should experience God's merciful love often by partaking in the sacrament of reconciliation. An explanation of the form of confession is provided below to serve as a guide in celebrating this sacrament. An examination of conscience is provided to assist you in preparing for it.

A Form of Confession

1. Enter the confessional and kneel down (or sit for a face-to-face confession). The priest may read a brief passage from Scripture.

2. Make the Sign of the Cross: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen." Then say, "Forgive me, Father, for I have sinned. My last confession was _____. These are my sins. . . ." (Note: All mortal sins must be confessed according to kind and number. It is good to confess venial sins, but it is sufficient to have sorrow for them.)

3. Signal the end of your confession of sins and by saying: "I am sorry for these and all the sins of my past life" [(optional) add: "especially for _____", here naming some sin confessed in a previous confession that has been forgiven but for which you still have sorrow].

4. The priest may counsel you and ask questions about what he may not have understood clearly. He will assign you a penance consisting of prayers or other good works to do.

5. You say an Act of Contrition (see various forms below).

6. The priest says the prayer of absolution, which ends: "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." You answer: "Amen."

7. Dialogue: Priest: "Give thanks to the Lord, for He is good." You say: "His mercy endures forever."

8. The priest may say: "God bless you" or "Go in peace." You answer: "Thank you, Father." Then, leave the confessional.

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Three Forms of the Act of Contrition

A.

My God, I am sorry for my sins with all my heart. In choosing to do wrong and in failing to do good, I have sinned against You, Whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

B.

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because I have offended You, my God, Who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

C.

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they have offended You, my God, who are all-good and worthy of all my love. I firmly resolve, with the help of Your grace, to sin no more, and to avoid the near occasions of sin. Amen.

Adults' Examination of Conscience according to the Ten Commandments

Examine your conscience by reviewing the Ten Commandments. A list of sins against these Commandments is provided to help stimulate personal reflection in preparation for the sacrament of confession.

I. "I, the Lord, am your God, you shall not have other gods besides me."

- Doubting the existence of God;
- Abandoning the Catholic Faith or joining any other religion;
- Disbelieving any truths of the Catholic Faith, or any teachings of the Church;

- Failure to profess or defend the Catholic Faith when required to do so;
- Denying that one is a Catholic or ridiculing the Church or its practices;
- Being ashamed of the Faith or failing to give external signs of it out of human respect;
- Reading literature that endangers your faith, or consorting with anyone who may endanger your faith;
- Joining secret societies or organizations opposed to the Catholic Faith (e.g., Freemasons, Communist party, pro-abortion groups);
- Witnessing or taking part in a marriage of a Catholic in a wedding not approved by the Catholic Church;
- Failure to make the Easter season Communion every year;
- Neglecting to go to confession at least once a year;
- Failing to fast and abstain on the appointed days;
- Failure to fast for one hour before receiving Holy Communion; failure to confess privately mortal sins that were previously forgiven in a general absolution service;
- Negligence in fulfilling the penance assigned by a priest in confession; praying without attention or while permitting distractions;
- Receiving Holy Communion without reverence or thanksgiving;
- Neglecting regular prayer;
- Remaining ignorant of the Catholic Faith or failing to seek necessary counsel from the Catholic Church regarding a problem in faith or morals.

II. "You shall not take the name of the Lord, your God, in vain."

- Blasphemous talk about God, Jesus, Mary, angels, or saints;
- Irreverent language about holy persons, places, or things;
- Cursing (or calling down evil upon someone or something);
- Swearing an oath without sufficient reason;
- Failure to keep vows or promises.

III. "Remember to keep holy the Sabbath Day."

- Missing Sunday Mass or missing Mass on a holy day of obligation through one's own fault;
- Coming to Sunday or holy day Mass late or leaving before it is finished without just cause (absence from Offertory through Communion is mortal sin); willful distractions during Mass;
- Doing unnecessary servile work or shopping or conducting business on Sunday.

IV. "Honor your father and your mother."

- Disrespect, disobedience, or insult to one's parents, grandparents, or guardians;
- Disrespect of spouses or family members toward one another;
- Parent's failure to have children baptized soon after birth, educated in the Catholic Faith, make confession, First Communion, or confirmation, or go to Sunday Mass;
- Parent's neglect of their children's needs: material, educational, disciplinary, moral, or emotional;
- Mistreatment or abuse of children;
- Failure to provide for one's parents in time of their necessities;
- Failure to do one's duty according to one's state in life, at home, at work, or at school;
- Disobedience to the lawful demands of one's superiors, teachers, or employers; student's neglect of studies;
- Disrespect for the elderly;
- Disobedience to the civil law or to the officers of the state;
- Failure to have patriotism.

V. "You shall not kill."

- Unjust killing (or murder);
- Abortion;
- Counseling a woman to have an abortion or assisting in an abortion; participation in surrogate motherhood;
- Artificial insemination; participation in sperm banks;
- Obtaining surgery for the intended purpose of sterilization;
- Mutilation of the body;
- Attempted suicide;
- Violent behavior;
- Needlessly putting your life or the life of another in danger (e.g., reckless driving); physically fighting or striking another;
- Excessive drinking of alcoholic beverages or excessive smoking;
- Abusive use of prescribed drugs;
- Using, distributing, or selling illegal drugs;
- Too much or too little sleeping or eating (e.g., laziness, gluttony, wasting one's time, vain preoccupation about diet);
- Not taking reasonable care of one's health; excessive concern over bodily health or appearance;
- Taking revenge;
- Anger, hatred, aversion, coldness, or resentment toward another;

- Name calling or abusive or harsh language toward another; rude or impolite conduct; inconsideration for the feelings of others;
- Mocking the physically or mentally handicapped or those of another race or religion;
- Giving bad example for others to imitate;
- Lack of compassion for someone afflicted;
- Failing to help another in danger or serious necessity;
- Boasting of one's accomplishments;
- Stubbornness in one's opinions;
- Favoring opinions contrary to Church teaching (e.g. on abortion, divorce, sterilization, contraception);
- Impatience;
- Cruel treatment of animals.

VI. "You shall not commit adultery."

- Fornication (where both parties are unmarried);
- Adultery (where at least one party is married to someone else);
- "Petting" (masturbation involving others or arousing sexual passions of another, e.g., by passionate kissing, embraces, or touch);
- Impure actions by oneself alone (e.g. masturbation, touching, exposing oneself; inducing erotic sensations);
- Homosexual acts;
- Unnatural sexual acts (oral, anal, incestuous, or involving animals);
- Using contraceptives or premature withdrawal;
- Refusing the marriage right to one's spouse without a sufficient reason or making an unreasonable demand of it;
- Dating someone who is civilly divorced but is yet bound by a valid marriage;
- Causing an unnecessary separation from one's spouse or children;
- Immodesty in dress;
- Sinful entertainments (e.g., immodest dancing, books, magazines, pictures, video, TV, internet, certain musical groups);
- Offensive or impure language (profanity, vulgar speech or stories);
- Consorting with companions of bad moral character who are or may be an occasion of sin.

VII. "You shall not steal."

Notes: (1) The amount or extent of the sin must be confessed. (2) The sin is mortal if the worth of what was stolen or damaged is equivalent to a daily wage; otherwise, it is venial. (3) For the forgiveness of mortal or venial sin, there must be the intention to restore or repay.