

To make a good Confession, it's necessary to take time and reflect on your past actions or your inactions. We sin through commission and by omission (by not taking action to stop another from committing a sin). You and you alone will answer to God for both types of sins, so it is imperative that you first repent in your heart, then go to Sacramental Confession. Remember, there is no such thing as "Collective Redemption", you will answer to Jesus Christ alone, but if you were a participant in someone going to hell because of your actions or inactions, you will see him or her at your judgment before Christ and they will testify against you demanding your soul to be condemned as well (*refer to Purgatory, Explained by the Lives and Legends of the Saints in our bookstore*).

**A. I am the Lord, thy God. Thou shalt not have strange gods before Me. Thou shalt not adore them, nor serve them: I am the Lord thy God, mighty, jealous, visiting the iniquity of the fathers upon the children, unto the third and fourth generation of them that hate me: (Exodus 20:1-6)**

1. Did you use, text or keep your cell phone on during Mass?
2. Did you skip Mass because you were working on your computer for any reason? Are you practicing "self-worship" by bringing attention to yourself on your Facebook or MySpace web page?
3. Did you watch lustful or obscene movies, television shows, soaps, reality shows?
4. Did you deny your Catholic faith or spoken against its priests, bishops, cardinals or Pope?
5. Did you join a forbidden secret society, like fraternity, sorority, Masonic Lodge, etc.?
6. Did you practice anything dealing with the occult? Have you read your horoscope, visit a palm reader or fortune teller, spiritism, what about games like ouija board, video games dealing with the occult or played with a voodoo doll, read books on witchcraft, cursed someone with a spell calling upon demonic forces to harm him or her?
7. Did you neglect saying your daily prayers, praying for others?
8. Did you demonstrate irreverence towards the Blessed Sacrament? Did you kneel with both knees before Jesus in the Blessed Sacrament in a Monstrance on the altar? Did you kneel with one knee before Jesus in the Tabernacle? Did you forget to bow down to the Altar or before receiving Jesus in the Blessed Sacrament during Communion.
9. Did you make the sign of the cross irreverently or sloppy? Did you remember to ask Jesus for the many indulgences He wishes to give your soul when you make the sign of the cross?

**B. Thou shalt not take the Name of the Lord thy God in vain: for the Lord will not hold him guiltless that shall take the name of the Lord his God in vain! (Exodus 20:7)**

1. Did you curse using the name of God or Jesus in vain?
2. Did you have blasphemous thoughts, or words or writings?
3. Did you ask God to curse someone?
4. Did you encourage someone to use evil or profane language?

**C. Remember that thou keep holy the Sabbath day. Six days shalt thou labour, and shalt do all thy works. But on the seventh day is the Sabbath of the Lord thy God: thou shalt do no work on it, thou nor thy son, nor thy daughter, nor thy manservant, nor thy maid servant, nor thy beast, nor the stranger that is within thy gates. (Exodus 20:8-11)**

1. Did you willfully miss Mass on Sunday or Holy Days of Obligation?
2. Did you come to Mass late, is this a regular practice?
3. Did you leave Mass early, before the final blessing?
4. Did you willfully work on Sunday doing servile work like working on the yard or even go shopping?

**D. Honor Thy Father and thy Mother?**

1. Were you disrespectful, disobedient, ungrateful towards your parents, your teacher or Priest?
2. Did you wish harm to your parents or wished them dead? Did you

swear or curse at your parents? Did you hit mom or dad?

3. Did you disobey their request on who you were not allowed to hang out with, did you go someplace they told you not to go?
4. Did you fail to help your parents when they needed you, did you fail to carry out their last will? Have you neglected to pray for your parents who have passed away or are still living?

**E. Thou shalt not kill (includes injury to soul and lack of charity).**

1. Did you have an abortion, or counseled someone to have one?
2. Did you hate someone enough to want them dead, did you curse them by saying you wished they were dead? Did you have thoughts of revenge, resentment, envy or contempt for him/her?
3. Did you give evil or lustful materials for someone to look at?
4. Did you attempt suicide? Did you promote suicide to others?
5. Did you sin by excessive eating, drinking alcohol or using drugs?
6. Did you prevent a priest from ministering to a dying person?

**F. Thou shalt not commit adultery?**

1. Did you have sex with someone other than your lawful spouse?

**G. Thou shalt not covet thy neighbor's wife.**

1. Did you commit impure acts with another man or woman?
2. Did you masturbate, touching yourself in an impure way?
3. Did you molest, rape, sodomize, touch anyone against their own will? Did you lie about such actions when questioned?
4. Did you read or look at lust over filthy images, pornography?
5. Did you dress immodestly, especially in church?
6. Did you use contraceptives or "day after" pills, were you sterilized by a doctor, or did you encourage another to be sterilized?

**G. Thou shalt not steal.**

1. Did you take something from someone or a store that you did not pay for?

**H. Thou shalt not covet thy neighbor's goods?**

1. Did you steal money or other items from others or a store?
2. Did you return or make restitution for your theft?
3. Did you damage someone's property and failed to pay for it?
4. Did you cheat on tests at school? Did you plagiarize others work?
5. Did you waste time at work or worked carelessly?
6. If you are an elected official, did you compromise your Christian beliefs to gain political advantages? Did you deny the teachings of Jesus regarding same-sex marriage or abortions to gain more support? Have you fulfilled your responsibilities of office in a truthful and Christian capacity?
7. Did you participate in any form of theft either by stealing corporate secrets, hacking into another's computer, taking intellectual property from its rightful owner?

**I. Thou shalt not bear false witness against thy neighbor.**

1. Did you give false testimony in a court of justice?
2. Did you lie to another to cover up the truth?
3. Did you say something that hurt another persons reputation? Did you speak evil against the Pope or any priest?
4. Did you promote someone to behave in any sinful way?