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Examination of conscience for confession (adults)

We offer a series of questions that can help in the personal examination of conscience prior to confession. This version is intended for adults.

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■ Have I rejected or neglected <u>my</u> <u>faith</u>? Have I refused to defend my faith, or been ashamed of it? Is there any aspect of my faith that I do not accept?

- Have I taken the Lord's name in vain? Have I been superstitious *or* put my trust in witch doctors, fortunetellers or any other like these? Have I shown disrespect for any holy things, places or people?
- Have I missed <u>Mass on Sundays</u> or Holy Days of Obligation? Have I been attentive during the Mass or do I wilfully get distracted?
- Have I received *Holy Communion* with a grave sin on my conscience?
- Have I received *Holy Communion* without proper reverence?
- Have I acted with *impatience*, anger or jealousy?
- Have I fostered <u>resentments</u> or been unwilling to forgive?
- Have I been verbally or physically violent with others?

- Have I taken part in or encouraged *abortion*, euthanasia or any other means of taking human life?
- Have I been involved in a process of IVF? Have I encouraged anybody to do IVF? Do I understand the gravity of the processes involved, increased by the destruction of human embryos?
- Have I been hateful or judgemental in thoughts or deeds? *Have I looked down on others*?
- Have I spoken badly about others, engaging in *gossip*?
- Have I consumed *alcohol* excessively or taken *drugs*?
- Have I looked at pornographic videos or websites? *Have I committed impure acts* on my own? Have I been involved in *impure acts* with someone else? Am I living with

someone as if I were married when I am not?

- If I am married, do I seek to <u>love</u>
 <u>my spouse above all else</u>? Do I put my
 marriage and my children first?
 Have I practised contraception? Am I
 faithful to my spouse?
- Do I let my work occupy time and energy that family and friends deserve? Have I been honest and diligent in my work?
- Have I been *proud or selfish* in my thoughts or actions? Have I neglected the poor and those in need? Have I *spent money on my own personal comfort and luxury*, forgetting my responsibilities to others and the Church?
- Have I <u>stolen</u> or cheated anyone at work? Have I received or given bribes or participated in sharing funds from questionable sources?

- Have I given in to laziness? <u>Have I preferred physical comfort to service of others</u>? Have I neglected the responsibility to <u>bring others closer to God</u> through my example and words?
- Have I told *lies*?

DOWNLOAD POSTER CONFESSION MADY EASY.

- Confession: a step-by-step guide
- Examination of conscience for children
- Examination of conscience for teens

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