



## EXAMINATION OF CONSCIENCE: ADULTS 20+

### About Confession with the Priest

Words of Jesus to Sister Faustina  
(*Divine Mercy Diary*)

*"When you go to confession, to this fountain of mercy, the Blood and Water which came forth from My Heart always flow down upon your soul...In the Tribunal of Mercy [the sacrament of Reconciliation]...the greatest miracles take place and are incessantly repeated...Here the misery of the soul meets the God of Mercy.*

*Come with faith to the feet of My Representative... I myself am waiting there for you. I am only hidden by the priest... I Myself act in your soul... Make your confession before Me. The person of the priest is, for Me, only a screen. Never analyze what sort of a priest it is that I am making use of; open your soul in confession as you would to Me, and I will fill it with My light...*

*Were a soul like a decaying corpse, so that from a human standpoint, there would be no hope of restoration and everything would already be lost, it is not so with God. The miracle of Divine Mercy restores that soul in full... From this fount of mercy souls draw graces solely with the vessel of trust. If their trust is great, there is no limit to My generosity."*

Our Lord has emphasized the need for us to go to confession and to receive Him in the Holy Eucharist in order to obtain the greatest gifts of His Mercy. We as Catholics have the source of Mercy in the confessional and in the Precious Blood of the Eucharist. Let us proclaim this message.

### Address of St John Paul II, March 27, 2004

It would be an illusion to want to strive for holiness in accordance with the vocation that God has given to each one of us without frequently and fervently receiving this sacrament of conversion and sanctification.

We will never be holy enough not to need this sacramental purification: humble confession, made lovingly, gives rise to an ever more delicate purity in our service to God and the motivation that sustains

it. ... Gradually, from confession to confession, the believer experiences an ever deeper communion with the merciful Lord to the point of fully identifying with Him, which one finds in that perfect 'life in Christ' in which true holiness consists.

**Apply the following to the time since your last Sacramental Confession or if you remember something not confessed in the past.**

### [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, new age, astrology, fortune tellers or 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 insulted a priest or consecrated religious person or abused a sacred object?
- Have I spoken about a priest or consecrated religious person in a derogatory manner?
- Have I damaged the reputation of anyone?

### [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 day of prayer and rest?
- Do I do needless work on Sunday?

### [4] Honor your Father and your Mother.

- Do I treat my parents with honor?
- Have I neglected my duties toward anyone?
- Have I given my family good religious example?
- Do I try to bring peace into every setting in my 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 promoted pro abortion (pro choice) causes or persons?
- Have I physically harmed anyone?
- Have I wished evil upon another person?
- Do I waste time at work, school or at home?
- Do I gamble excessively?
- Do I pay my debts promptly?
- Do I seek to share what I have with the poor?
- Have I treated beggars and others in need with charity? Have I abused alcohol or drugs?
- Have I lead anyone into sin?
- Have I been angry or resentful?
- Have I harbored hatred in my heart?
- Have I mutilated myself in any way?
- Have I encouraged or condoned sterilization?

**[6] You shall not commit adultery.**

- Have I been faithful to my 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?
- 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 keep my thoughts pure?
- Have I respected all members of the opposite sex, or have I thought of other people as objects?
- Have I been involved in any homosexual activity?
- Do I seek to be chaste in my 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?

**[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 dwelt upon the desire of someone's spouse?
- Have I allowed impure thoughts by my 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?
- Do I share what I have with those in need?

**Jn 20:21-23**

*21 He said therefore to them again: Peace be to you. As the Father hath sent me, I also send you. 22 When he had said this, he breathed on them; and he said to them: Receive the Holy Ghost. 23 Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained.*

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