Examination of conscience

(Preparation for the sacrament of Reconciliation)

Nothing can soothe and console a soul burdened with sin as God who forgives. Holy confession, or, as the Catechism of the Catholic Church calls it, the sacrament of reconciliation, penance, conversion or forgiveness (CCC 1423-1424), is a sacred secret entrusted to Christ’s apostles and their successors. God is the one who forgives, but He gives that authority to his priests, so that they can exercise it in His name. “Indeed bishops and priests, by virtue of the sacrament of Holy Orders, have the power to forgive all sins "in the name of the Father, and of the Son, and of the Holy Spirit."” (CCC 1461). Baptism is the essential sacrament of salvation. The Church Fathers often called the sacrament of reconciliation “the second board of salvation”, having in mind the image the shipwreck of sin in which mankind is caught (*DS* 1706). That is why it is important to learn how to confess properly! The Catechism calls confession “the sacrament of healing” (CCC 1421). The sacrament of holy confession truly has great and healing effects! St. John Paul II sees in it healing of all humanity.

CCC 1496: “*The spiritual effects of the sacrament of Penance are:   
- reconciliation with God by which the penitent recovers grace;   
- reconciliation with the Church;   
- remission of the eternal punishment incurred by mortal sins;   
- remission, at least in part, of temporal punishments resulting from sin;   
- peace and serenity of conscience, and spiritual consolation;   
- an increase of spiritual strength for the Christian battle.*”

The sacrament of reconciliation is much more present in the Church today. St. John Paul II emphasized its importance when he said: “Resurrection is always present in the sacrament of penance. So many are resurrected, even great sinners. Many movements are credited with awakening the awareness of the importance of the sacrament of penance and forgiveness...” (*Sacrament of Penance*, KS, Zagreb, 1997)

How to approach the sacrament of reconciliation? It’s important to approach it with the awareness that in a mysterious way we meet resurrected Christ in that sacrament. Through that sacrament He calls us to experience his words “Peace be with you!” (Jn 20:19). Indeed, everyone who contritely confesses and sincerely repents for the injuries inflicted upon good God feels profound peace after the confession. That peace is a sign of meeting the resurrected Lord, who we meet through that sacrament, being freed from sin.

*Examination of conscience* you have before you is written as a preparation for a good confession. That preparation can be used for a more thorough confession (lifetime confession), or for regular confession. You should avoid detailed descriptions of your life, certain events and prayer experiences. Confession is based upon confessing your sins contritely. It is useful (but not necessary) to have a written reminder for confession, so that you don’t omit confessing any grave sins you must mention in confession. If one feels the need for a longer confession or wants to tell the story of their life so that the priest gets a better insight into the circumstances of the problem, then one has to ask for that prior to confession, so that the priest can set aside enough time. Some questions are not strictly related to sins, but they can be useful for spiritual development.

The purpose of this examination is that the person who confesses prepares well, having in mind that the most important thing is to confess sins and to sincerely repent. The one who confesses does not do well only to themselves, but also to others: “The sin of one harms others, just as the holiness of one benefits others” (Paul VI, *Indulgentiam Doctrinarum*). Peace among men happens through repentance for sins as the result of making peace with God, our Father (St. John Paul II, *Dives in Misericordia*, 14).

Throughout history, the examination of conscience was done in many different ways. Three dimensions must not be avoided: relationship to God, relationship to fellow man and relationship to oneself. Ten commandments are particularly appropriate for examination of conscience because they are concrete enough to be precise, and yet they are structured in such a way that they keep the perspective on the width, depth and height of the commandment of love from the Gospels. The Catechism also confirms that “the commandments then make explicit the response of love that man is called to give to his God” (CCC 2083). Through daily reflection upon God’s word we open up our conscience to God, who by the light of the Spirit teaches us everything and guides us in Truth (cf. Jn 14:26). May our Lord’s Spirit accompany you through this preparation for the sacrament of reconciliation.

GUIDELINES

1. God loves man unconditionally, and he always condemns sin and evil. In order to be freed from the power of sin and the force of evil, we need to repent and confess properly. For a good confession we need to carefully go through all five parts of the sacrament of holy confession: examination of conscience, sincere repentance, decision to sin no more, the act of the holy confession itself, and doing the penance. Sins are classified as venial, grave and mortal.

2. The more sincerely we confess and forgive, the more Holy Spirit purifies, frees and fills us.

3. The Holy Communion must not be received by someone who has a grave or **mortal** sin (such as cursing God, cursing someone’s mother, grievous cursing of people or things by invoking the devil, avoiding the Sunday Mass, grievous theft, masturbation, avoiding conception of a child by coitus interruptus, contraception or various abortion medications etc.) Whoever receives Holy Communion in the state of graver mortal sin commits **sacrilege**. Whoever persists in that, commits a mortal sin.

4. Grave and mortal sins are confessed in kind and number (CIC, canon 988 of Code of Canon Law. It’s not enough to say: *I cursed, I haven’t been to Sunday Mass a couple of times* etc. You need to mention what you did and how many times, if possible. Priests are not interested in our sins and it is not a matter of curiosity, the way some people imagine it – it is a matter of good and sincere confession.) If a person does not mention in confession a graver mortal sin on purpose for any reason, the confession is invalid, as if it never happened, and the Holy Communion, if it is received, is received sacrilegiously.

5. Person who separated from their spouse, doesn’t live with some other person, and doesn’t live with them as husband and wife **may receive holy sacraments**, after completing the administrative procedure with their parish priest (that procedure is not necessary in some dioceses). Person who is separated from their lawful spouse, lives with some other person, or lives as husband and wife with them **may not receive holy sacraments** until they decidedly end the state of mortal sin. People can live together and raise children, that is not a sin, but they must not do what by God’s law belongs to lawful spouses – have sexual relations. Person cannot live in grave or mortal sin and receive Holy Communion or go to confession. **Priest is obliged to publicly deny such persons Holy Communion if he gets a valid insight** (cf. CIC, canon 915: “Those who have been excommunicated or interdicted after the imposition or declaration of the penalty and others obstinately persevering in manifest grave sin are not to be admitted to holy communion.”). For Jesus Christ, persisting in such sin is adultery and state of mortal sin (cf. Mark 10:9-12).

6. Person who **sins with other person by sexual act sins mortally**. Person who lives with other person unmarried, without the sacrament of Holy Matrimony, **sins mortally**. Person who lives their sexuality in a same-sex couple **sins mortally**. **State of mortal sin** refers to an extremely grave matter, committed in a free and completely conscious state (CCC 1856-1863). That involves that those persons **cannot go to the sacrament of holy confession or holy Communion** if they are not ready to repent for their sin and end the state of mortal sin. Whoever dares to receive sacraments consciously in that state of soul, without the will to end their sinful state, does an even greater sin, and does a **sacrilege**.

7. Experiences through prayer show that family curses and evil spirits are transmitted through sexual relations with other person, outside marriage. The more people those persons sinned with, they will be more ruined emotionally and mentally, and more burdened with forces of evil. Hence so many divorces. Whoever sins like that, the evil spirit drives them to sin in their senses more forcefully, and in marriage it tempts them to sin with other people that way. The more that person persisted in sin, their soul is more wounded by sin, attracts evil around themselves more, and it gets harder for them to free themselves from it.

8. Whoever curses God’s Name curses themselves, draws devil’s force upon themselves and upon the life of their family. Experiences through prayer show that those things are often reflected on children. There is no peace nor blessing for that person as long as they persist in that. Strange spiritual and medical conditions of family members are often connected with cursing of God’s Name. Whoever curses that Name brings damnation, grieves the Holy Spirit-the Defender, and pushes the living God out of their lives and families. Whoever engages in superstition, asks help from bioenergetic therapists (people who claim to help with their special powers), Islamic priests, herb “doctors”, or persists in grievous sexual sins, brings and transmits evil spirits into their family, parents onto their children in particular. Whoever sins by having sexual acts with other persons, and if that person is cursed with demons, infected by evil spirits (who knows who they were with, or what they or their family member did), those curses and those demons will be transmitted by sin on the person they were not on. Those evil spiritual forces often block the ability to have children, so inexplicable miscarriages and other health issues happen, which have a spiritual explanation. In order to be freed from all that, person has to give satisfaction.

9. If a person commits an abortion, participates in it, supports or persuades someone to do it, **sins mortally**, and at the same time they are **excommunicated** from the Catholic Church (CIC, canon 1398: “A person who procures a completed abortion incurs a latae sententiae excommunication.”) In order to return in communion with God and Church, that person must repent and renounce evil.

10. A woman who uses the abortion method of the coil, and lives her sexuality, cannot receive sacraments until she removes the coil from her body. coil is an abortion method that kills a human being at the moment of conception. A person who uses the coil and lives her sexuality lives in the state of **mortal sin, and she has turned her womb into a mass grave of babies murdered by the coil’s blade.**

11. To undergo artificial fertilization, which is not a medical healing method for achieving pregnancy naturally, is against God and the Church. Artificial fertilization and manipulation where an embryo or more embryos – human beings – are created, some are being put in the uterus, some are killed, some are put in refrigerators, and some suffer various genetic manipulations – that means many **mortal sins** are committed on conceived human beings. **Those are most terrible things imaginable!**

12. Whoever was initiated into some other religion (Jehovah’s Witnesses, reiki, Islam, zen-Buddhism, Hare Krishna etc.) is by that very act **excommunicated** from the Catholic Church. That person does not have the right to a Catholic funeral or to any of the sacraments in the Church. Any sacrament received in the Church before a return to the Church and complete communion with it is sacrilegious and invalid because the person is excommunicated.

13. Whoever was initiated into and enters any of the Masonic lodges is by that very act **excommunicated** from the Catholic Church. That person does not have the right to a Catholic funeral or to any of the sacraments in the Church. Any sacrament received in the Church before a return to the Church and complete communion with it is sacrilegious and invalid because the person is excommunicated.

14. Whoever **officially leaves** the Catholic Church for any reason, and that is happening lately for reasons of taxes in Germany, is by that very act **excommunicated**. That person does not have the right to a Catholic funeral or to any of the sacraments in the Church. Any sacrament received in the Church before a return to the Church and complete communion with it is sacrilegious and invalid because the person is excommunicated.

15. Whoever wants to be cured from evil and receive God’s love and forgiveness and stop doing evil has to turn to sincere and persistent prayer. Small penance is not enough for grave and mortal sins. One has to give **satisfaction** for the evil one did in order to remove and nullify all the consequences of sin. Satisfaction should be proportional to what one did. It is given by going to Holy Mass often and offering it, praying the Rosary, praying, fasting, doing good deeds, going to pilgrimages, almsgiving, donating to missions, doing the devotion of Nine First Fridays in honor of the Sacred Heart of Jesus, doing the devotion of the Five First Saturdays in honor of Sacred Heart of Mary… Whoever does not do a sincere confession and does not give satisfaction for great evils cannot be freed from the force of sin and evil. Whoever does not give satisfaction here on Earth for the evil they did does not remove the strength of sin from their lives, and they will undergo the terrible suffering of torments in purgatory. Those sufferings are terrible because everything one does not pay for here, one will have to suffer for it in great torments in purgatory. Satisfaction for the evils the deceased did is most often given through 30 Holy Masses said for them, but one can offer all the other penances mentioned.

16. Satisfaction must be given for grave and mortal sins. Faith and awareness that we are forgiven, without satisfaction, is not always enough. That means that God does not always forgive all the punishment together with the guilt (*Council of Trent, in the sense of canon 12, 14-15 November 1551*)*.* Satisfaction for the evil we did must be given in order to remove and nullify all the consequences of sin. Those consequences can be fiercer attacks of evil spirits, physical or mental illnesses of an individual or their family, especially if a family member engaged in magic or superstition, visited herb “doctors” or Islamic priests and brought pagan objects home, ate or drank concoctions not knowing what they were eating or drinking, or if they persisted in some other graver mortal sin. One can’t sin and do evil and then expect blessing, peace and good.

17. Evil spirits attack people more fiercely and they “stick” to them through grave and mortal sins. Such attacks happen most often through thoughts and desires that do not agree with God’s commandments. Evil spirits of compulsive sinful thoughts and other evil spirits infiltrate our spirit and thoughts and lead a person to sin. Often people mistakenly think that those evil thoughts and attacks are a part of their own conscience. Experiences through prayer of liberation show that those attacks are most strongly manifested **in persons who broke the first, fifth and sixth commandment**, that is, they engaged in magic and superstition, committed sins of the flesh (especially when they committed them with other persons), they killed conceived children in any way (pill, coil, or something else). Evil spirits burden human souls in a particularly intense way through breaking of those three commandments. Evil spirits lose the reason for oppression when a person repents for the evil they did, stops doing it and points their life toward Jesus Christ, and gives satisfaction for their sins.

18. Lord Jesus Christ declared in the Gospels that **eternal hell** does exist. We can’t be united with God if we don’t freely decide that we love him. But we can’t love God if we sin seriously against him, our fellow man or ourselves: “We know that we have passed from death to life because we love our brothers. Whoever does not love remains in death. Everyone who hates his brother is a murderer, and you know that no murderer has eternal life remaining in him.” (1 Jn 3:14-15) Our Lord warns us that that we will be separated from him if we don’t help the poor and the little ones, his brothers, when they’re in need. To die in mortal sin, if one doesn’t repent and accept God’s merciful love, means to be willingly separated from him forever. Jesus used harsh words to announce that he will “send his angels, and they will collect out of his kingdom all who cause others to sin and all evildoers. They will throw them into the fiery furnace, where there will be wailing and grinding of teeth.” (Matt 13:41-42) and that he will pronounce his judgment: “Depart from me, you accursed, into the eternal fire prepared for the devil and his angels.” (Matt 25:41) **Souls of those who die in mortal sin descend to hell right after death, and there they suffer infernal torment, “eternal fire”** (CCC 1033-35). Many Catholics end up in hell if they die in mortal sin. Our Lady of the Rosary said to children at the apparition in Fatima on 15 August 1917 and warned them about the situation: “Pray the Rosary every day… Pray, pray a lot! Do sacrifice for sinners. Many souls go to hell because nobody prays and does sacrifice for them.”

LOVE OF GOD

**“****You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself.”** (Luke 10:27)

1. Do you believe God in himself is Trinity, and that he is like Jesus revealed him in his Gospel?
2. Do you believe God is a person, and not a force?
3. Do you believe God loves you?
4. Do you love God?
5. Where do you search for happiness in your life?
6. Does God come first?
7. Are you in awe of God?

EXAMINATION OF CONSCIENCE ACCORDING TO THE TEN COMMANDMENTS

**1. I am the LORD your God. You shall not have other gods beside me.** (Exod 20:2-5, cf. Matt 4:10)

1. Do you believe in one true God – Father, Son and Holy Spirit?

2. Do you believe Jesus Christ is God and Man?

3. Do you worship God in spirit and truth, and do you pray regularly?

4. Do you doubt any of the truths the Church teaches?

“Let there not be found among you anyone who [...] practices divination, or is a soothsayer, augur, or sorcerer [...]” (Deut 18:10)

5. Did you ever seek help from some spiritual source that does not come from God?

6. Did you try to have your will done through spiritual forces?

7. Did you believe some psychic, charlatan or herb “doctor” (herbs themselves are not an issue – the issue is that herb “doctors” often use superstition, occultism and Islamic magic on their concoctions, and later people buy and use it thinking it’s for their good) could help you?

8. Did you seek “help” from people who “have special psychic powers”?

9. Did you advise others to go to a psychic or some other “healer”?

10. Did you warn people who go to psychics and similar “experts” for “help” that what they are doing is sinful and harmful?

11. Are you in any way connected with people who engage in superstition?

11a. Are you connected with the Golden Dawn, the Rosenkreutzers or any other secret society?

12. Do you blame God for evil and failures in your life?

13. Did you ever mock someone for believing in God or for their religious experiences?

14. Did you ever participate in non-Christian rituals?

15. Did you ever practice (for yourself or for others) or sought services of other persons (either believing in it, or out of curiosity, or some other “harmless” reason) anything of the following: spiritism (invoking spirits), magic, sorcery, divination, augury, incantations, voodoo, witchcraft, shamanism, white magic – removal of spells, amulets (from Islamic priests), magical powders; folklore customs such as who cuts the baby’s hair for the first time, putting animal blood or body parts into foundations of a house, pouring of lead, superstitious wearing of your underwear inside out, carrying good luck charms, tying a string around the baby’s hand, telling future with cards, beans, tarot, sticks, coffee residue, from the palm of hand? Did you get some objects from a psychic for “good luck”? Did you believe that four-leaf clover, horseshoes, chimney cleaners, cats crossing the road etc. bring good or bad luck? Did you knock on wood against spells, spat three times superstitiously, read interpretations of dreams?

16. Were you ever exposed to influences such as: Hare Krishna, transcendental meditation, reiki, psychocybernetics of the Essenes, yoga, zen, Rosenkreuzers philosophy or seminars, membership in some secret society, the Communist party, Freemasonry, satanism, theosophy, mind control, reading gnostic writings or New Age books, Edgar Cayce, Sai Baba, P. Coelho, P. Blavatsky, Osho, Richard Bach, Maharishi, Alesteir Crowley, Anton LaVey etc.

17. Bionenergy, astrology (horoscopes), crystal therapy, numerology, plumb line (radiesthesia), dowsing rods, regression, enneagrams, psychotherapy that tries to free people from moral responsibility, chiropractics, astral projections, acupuncture, homeopathy, prana, believing in reincarnation, celebrating Halloween, esoteric practices (for each of these things remember how many times you went and how much you paid for it); initiation outside the Catholic Church (any such initiation gets you excommunicated from Catholic Church).

18. Hypnosis, martial arts (especially those whose names contain words “ki” or “chi”, meaning “energy”) such as Tai Chi Chuan, Chi Kung, Ki Aikido; Feng Shui (interior decoration); playing occult games, extrasensory perception, telepathy etc., moving objects by supernatural forces. Computer games with occult (overt or covert) contents, such as Dungeons & Dragons and similar games, Pokemon (Pocket Monsters), Digimon (Digital Monsters) and other animated movies with mythical characters to which magical powers are ascribed; all contents where it is not clearly stated what is good, and what is evil; watching horror movies or movies with pagan rituals; listening to satanic music, especially gothic and heavy metal (black, death, thrash); visiting magic, esoterical or satanist websites. Do you teach your children not to watch or listen such things? Remember through prayer if there is anything else you practiced that isn’t mentioned here.

**2.** **You shall not invoke the name of the LORD, your God, in vain.** (Exod 20:7; Deut 5:11; cf. Matt 5:33-34)

1. Cursing, blaspheming God’s name or names of the saints.

2. Saying God’s name of names of the saints without awe.

3. Swearing by God’s name.

4. Perjury – falsely swearing by God’s name.

5. Catchphrases (this or that in God’s name).

6. Other curses.

7. Did you break an oath or a vow?

**3. Remember the sabbath day—keep it holy.** (Exod 20:8-10; cf. Mark 2:27-28)

1. Do you go to Mass on Sundays and days of obligation – Christmas, Corpus Christi, Assumption, All Saints’ Day?

2. Do you work on Sundays and days of obligation, even if your employer or the nature of your job do not require it?

3. Do you try to dedicate Sundays to God, prayer and reading the Bible?

4. Is your mind calm and composed when you’re at Mass?

5. Do you arrive to church in time to compose yourself in prayer?

6. Are you late to Mass? Do you arrive at the last moment?

7. Do you remain in church after Mass to thank God?

8. Do you come to church inappropriately dressed?

9. Do you receive Holy Communion at Mass? If not, why?

10. Did you ever receive Holy Communion sacrilegiously? Did you ever receive any other sacrament in state of grave sin?

11. Are you aware of the greatness of Holy Mass and its spiritual benefits, or do you go to church because “that’s what you do”?

12. Do you contribute financially at Mass within your limits?

13. Did you fast and abstain from meat on designated days?

14. Did you ever go to a service in some non-Catholic church where Mother of God, the saints, sacraments, the Pope and the Magisterium were spoken about negatively?

**4. Honor your father and your mother, that you may have a long life in the land the LORD your God is giving you.** (Exod 20:12; cf. Eph 6:1-3)

1. Do you honor your parents and your spouse’s parents?

2. Are you grateful for the life God gave to you as a gift through your parents?

3. Are your parents alone, neglected and abandoned?

4. Are you intolerant toward your parents?

5. When they are having a hard time, do you think “Serves them right”?

6. Do you help your parents generously or for selfish reasons?

7. Is there something you did not forgive your parents?

8. Do you humiliate your parents, the people who raised you?

9. Do you talk badly about your parents behind their backs?

10. Do you pray for your parents?

11. Do you take care of the sacramental life of your parents if they are not able to go to church anymore?

12. Do you have good relationships (love and respect) in your family?

13. If you are a parent yourself, did you accept your children joyously, as gifts from God?

14. Do you give your children a good example of religious and moral life?

15. Do you talk to your children, or you let them behave and live any way they like?

16. Do you regularly pray together as a family?

17. Are you snappish and angry with your children? Do you shout at them and blame them for everything?

18. Are you using your children to realize your own desires and goals?

19. Did you overburden your children with heavy responsibilities and work?

20. Do you ignore your children as if their opinion and help have no value?

21. Do you humiliate your children by telling them they are incapable, clumsy, a klutz?

22. Did you say to your children they are no good, or that they will never achieve anything, or something like that?

23. Do you complain to your children because you have to pay for their education and other life expenses, and cause them to feel guilty about that?

24. Are your children afraid of you or they respect you?

25. Do you force religion on your children or do you witness it by good example?

26. Do you pray for your children?

27. Do you manipulate your children to do your will, and not what God calls them to?

28. Do you consider what is God’s will for your child, in the sense of supporting their choices?

29. Do you respect their freedom in choosing a spouse?

30. Do you try to serve others in your family?

31. Do you think you’re better than everybody else?

32. If you don’t have children, are you considering the noble act of adopting a child?

33. If you decided to remain unmarried, did you find noble (Gospel-based) reasons for that?

**5.** **You shall not kill.** (Exod 20:13; cf. Matt 5:21-22)

1. Do you respect human life – your own and lives of others?

2. Murder (a sin crying out to heaven), killing in self-defense, suicide attempt.

3. Killing an unborn child, abortion (the father and the mother are equally guilty), persuading to abort, participating in an abortion, not standing up against abortion, supporting abortion.

4. Use of things that kill the child after it is conceived (coil, the pill…)

5. Do you fight against abortion?

6. Artificial fertilization (if more eggs are fertilized at artificial fertilization, and some are selected, and some frozen or destroyed, that is murder of a freshly conceived life – life begins at conception).

7. Torture of others (sadism), torturing yourself (masochism), torture of animals.

8. Killing others or yourself with words.

9. Brawling, anger, desire to do evil to others (revenge).

10. Gossiping, libel, betrayal, revealing secrets.

11. Neglecting your body, refusing to eat, overeating, excess drinking, drugs, marijuana (It is scientifically proven that marijuana draws out and stimulates a type of schizophrenia in people genetically susceptible to it.)

12. Do you try to live in state of grace, to approach Holy Communion with clean conscience?

13. Do you humiliate, oppress or use anybody?

14. Are you kind or brusque in your speech? Do you hate anybody?

15. Do you overspeed when you drive?

16. If you ever participated in a car accident, did you run from the scene?

17. Addiction to games and gambling, e.g. casinos, cards, betting, lottery, bingo, football pools…

18. Addiction to alcohol or narcotics.

19. Being a workaholic, running away from restless conscience, lazing around, apathy.

20. Wishing somebody (or yourself) was dead, wishing somebody gets killed or punished by God.

**6.** **You shall not commit adultery.** (Exod 20:14, cf. Matt 5:27-28)

1. Do you accept your sexual identity, being male or female?

2. Is the virtue of purity a value to you?

3. Shameless thoughts, words, jokes, indecent clothes, music, stories.

4. Lustful looks and desires, cult of passion? Physical intimacy outside marriage, touches that cross the line of friendliness, kissing on the mouth.

5. Sexual relations before and outside marriage.

6. Coitus interruptus, masturbation.

7. Deviant sexual behaviors: paedophilia, homosexual relations[[1]](#footnote-2), rape, perversion, sodomy or bestiality (a sin crying out to heaven).

8. Adultery, incest, prostitution.

9. Erotic and pornographic content, movies, magazines, books, topless bars, nudist beaches.

10. Do you behave in the same way in the company of men and in the company of women?

11. Seduction.

12. Fantasies of sex outside marriage.

13. Sexuality in marriage – is it done gently and lovingly?

14. Avoiding the sexual act in marriage, avoiding your spouse.

15. Brutality in the sexual act in marriage, selfishness, not cooperating with your heart.

16. Do you succumb to disordered lust and desires of the body?

17. Do you fight against desires of the body or do you indulge every feeling?

18. Are you careful about having pure intentions?

19. Do you cherish modesty and chastity as values?

20. Do you see your neighbors as sisters and brothers?

21. Are you patient with yourself in the struggle for purity of your heart and body?

22. Do you have issues with jealousy or dirty fantasies?

23. Do you respect your own body and the body of your neighbor as the temple of the Holy Spirit?

24. Do you pray for the grace of purity?

25. Using contraception (and means of preventing conception)? Did you have a spermogram?

26. Using abortive medications or contraptions (those things murder a conceived human being)?

27. coil (a woman who has it cannot go to confession nor to Holy Communion until she has it removed from her body. coil is 100 % abortive instrument, even if it is used for so-called medical reasons. A woman who has a coil and lives her sexuality carries within herself a mass grave)? Anti-baby pills? Morning-after pills?

**7.** **You shall not steal.** (Exod 20:15, cf. Matt 19:18).

1. Do you respect property of others, private and state property?

2. Did you ever cheat anybody for material gain?

3. Did you take (steal) something that belongs to someone else?

4. Did you steal (what, how much, from whom)?

5. Did you destroy private or public property?

6. Did you borrow money? Did you return the money or things you borrowed?

7. Are you greedy for money, riches, material wealth?

8. Do you receive or give bribe, do things using your connections? Corruption?

9. Disregard of the poor.

10. Compensation to the worker or the employer, doing your job carelessly, smuggling.

11. Do you evaluate the work and property of others unjustly?

12. Do you ride buses and trams without paying the fare? Do you use privileges that do not belong to you?

13. Slacking, lazing around, avoiding work that should be done, easy money (without effort), not going to work.

14. Do you pay the bills regularly? Are you stingy or wasteful?

15. Do you engage in legal processes related to money and other assets?

16. Did you manipulate the outcome of a legal process in order to get something that doesn’t belong to you?

17. Do you oppress widows and the poor (a sin crying out to heaven)?

18. Do you deny your employees their earned pay (a sin crying out to heaven) and health insurance?

19. Do you evade paying taxes? Do you buy faked goods? Do you buy stolen goods?

20. Do you copy CDs with intention of selling them?

21. Do you present the achievements of others as your own?

22. If you every denied something to somebody, did you compensate for the damage?

23. Do you support civil values, such as protection of the environment, paying taxes, voting, patriotism etc.?

24. Are you wasteful? Do you spend money unnecessarily on buying new things? Do you waste water or electricity (e.g. TV is on all day long) etc.?

**8.** **You shall not bear false witness against your neighbor.** (Exod 20:16, cf. Matt 5:33)

1. Are you truthful?

2. Did you ever falsify a truth?

3. Do you believe that God’s word is true?

4. Did you calculate and fool yourself with the excuse: “I will sin, but then I will repent and confess”?

5. Do you stand up for truth and truthfulness among men (in the Church, in the family, at work, in your prayer community)?

6. Do you flatter and kowtow to get something you want?

7. Are you polite to persons in position of authority, and rude to others?

8. Did you ever disown Jesus, knowing everything he has done for you?

9. Do you trust people or are you untrusting?

10. Do you give credit to others in what belongs to them and what they excel at?

11. Do you conceal the good deeds of others or minimize them for your own good?

12. Did you ever give a false testimony in court? Perjury – a lie said under oath.

13. Did you ever smear a person so that their employer, head or somebody else would form a bad opinion of them? Did you ever give a negative opinion of someone without any proof of actual guilt?

14. Do you gossip (reveal mistakes and flaws of others)?

15. Do you libel/slander (damage a person’s reputation by spreading untruths)?

16. Did you ever lie? Are you biased?

17. Did you ever reveal a secret somebody confided to you? Do you guard the secrets of your profession?

18. Do you bear gossips calmly or do you strike back the same way?

19. If you ever hurt somebody by lies or false judgments, did you ask for forgiveness?

20. Do you tell the truth in public or you falsify it for your own good? Do you defend something that is wrong in spite of the objective truth?

22. Did you ever say something about another person that hurt their dignity as a child of God?

9. **You shall not covet your neighbor’s wife.** (Exod 20:17, cf. Matt 5:28)

1. Do you love your spouse with an undivided heart? Did you ever encourage someone to get a divorce?

2. Did you harm anybody’s marriage or relationship? Did you wish for somebody’s marriage to fail?

3. Did you envy someone for their happy marriage?

4. Did you oppose somebody’s marriage without a good reason?

5. Did you court a person who was married or engaged to be married?

6. Did you commit adultery with someone who was married or engaged to be married?

7. Do you have a tendency to cause lust in others with your behavior, demeanor or clothes?

8. Do you dress indecently (tight clothes, clothes that reveal thighs and chest, see-through clothes)? Are you aware that your unchaste behavior and clothes can cause fantasies, emotions or even lust in persons who are married, spoken for or consecrated to God?

9. Are you careful that you don’t become intimate with a person of the opposite sex if they are not your potential partners?

10. Do you control your thoughts and fantasies so that they don’t lead you to lusting after somebody else’s partner?

11. Do you perceive other people’s partners with respect or as possible objects of your lust?

12. In conversation, do you avoid innuendos, which destroy faithfulness and decency?

**10.** **You shall not covet […]** **anything that belongs to your neighbor.** (Exod 20,17; cf. Matt 6,21)

1. Did you ever covet something that belongs to another? Do you see everything in the light of possible material gain?

2. Do you compare yourself with others in the sense of who is richer? Are you unhappy, jealous and envious if others are richer than you? Are you prone to competition and immoderate gaining of material wealth? Did you ever take somebody’s job or denied them a chance of promotion?

3. Are you prone to careerism and advancing by all means necessary?

4. Did you ever wish material damage to others? Are you friends only with people who can help you in some way? Are you happy for success and wellbeing of others? Did you ever consider helping someone materially? If somebody among your relatives or neighbors is very poor, do you help them?

5. Do you avoid helping the needy under the excuse that others should help them?

6. Are you attached to your wealth, your material possessions (Matt 5:3)?

7. Are you ready to give up everything for Jesus (Luke 14:33)? Do you envy others their spiritual gifts?

“Good deeds begin by confessing evil deeds.” (St. Augustine)

“To sin is human, but to persist in sin is devilish.” (St. Catherine of Siena)

“If my conscience was burdened by all possible sins, I would still throw myself into the arms of our Lord, with heart broken by repentance. I know what tenderness He has for each of his lost children that returns to Him.” (St. Therese of Child Jesus)

“Reconciliation with God is the most precious fruit of confession.” (St. John Paul II)

“Forgive me, my perfect God, because I loved imperfection and evil inclinations more than You! Forgive me, my just God, because I offended You with my sins! Forgive me, my holy God, because I stained the purity of Your gaze for so long! Forgive me, my merciful God, for I despised the voice of your mercy for so long! In profound sorrow and repentance I throw myself under Your feet. Have mercy on me. Amen.” (St. Ignatius of Loyola)

1. The teaching of the Church stems from the God’s law: “Basing itself on Sacred Scripture, which presents homosexual acts as acts of grave depravity, tradition has always declared that "homosexual acts are intrinsically disordered."They are contrary to the natural law. They close the sexual act to the gift of life. They do not proceed from a genuine affective and sexual complementarity. Under no circumstances can they be approved.” (CCC, 2357) Science has confirmed that homosexuality is not a congenital, but a acquired reality: <https://mladosunce.com/li-homoseksualnost-prirodena/> “Its psychological genesis remains largely unexplained.” (CCC, 2357). God loves and accepts every individual, regardless of sinful human nature and inclinations, so that God and the Church do not condemn the persons who have such inclinations, but they do condemn homosexual acts, which are in themselves evil and sinful. To live homosexuality is disgusting in God’s eyes, and it is a state of mortal sin. Such acts, in themselves, completely oppose God’s will and good of every individual (cf. Rom 1:27). Whoever lives like that will in time have serious issues with physical and mental health, and will also have issues with evil spirits and demons. With serious prayer and penance a person can resist any temptation, be happy and live in accordance with God’s will. God demands all Catholics to respect and love all people, and condemn the sins, as St. Augustine said: “Love the sinner, hate the sin”. [↑](#footnote-ref-2)