

The Duties of Your State

Parent. Have you:

Taken proper care of the life and health of your children? Exposed them to great danger before or after birth? Done your best to provide for their needs (food, clothing) ? To procure a good education for them? Manifested an unjust preference for one more than another? Been neglectful or unkind even cruel to your stepchildren or others under your protection? Have you unreasonably forced your children into some profession or state of life, for which they felt no vocation? Hindered them from pursuing their vocation, when called to a religious life? Have you, without sufficient cause, opposed their inclinations with regard to marriage? Have you neglected the care of their salvation? Neglected during their childhood to inspire them with love for God and fear of sin? To teach them to pray? Have you exposed their salvation to danger by delaying their Baptism, Confession, Holy Communion or Confirmation? Neglected to have them instructed in their Religion, to see that they came to Holy Mass on Sundays and holy-days? Exposed their innocence to danger by letting them sleep together without distinction. Have you watched carefully where they spent their time, in what company, or have you let them roam where they would? Have you left them in the care of persons of loose or irreligious persons whose morals were doubtful? Allowed them free relationships with the opposite sex; to receive visits alone and at improper hours; or to be out late at night? Have you permitted them to see indecent television, books, internet etc. Have you neglected to punish them for their own good? To curse and swear in your presence without chastisement? Have you by indifference or foolish fondness, left them without restraint? Have you treated them with violence? Cursed them? How often? Exasperated or scandalized them by violent language, abusive names etc.? Was it habitual?

Married Persons. Did you enter into marriage through base and unchristian motives? Have you by your light conduct given cause of jealousy and distress to your companion. Have you been careful to observe, even in marriage, the laws of modesty? Have you given no scandal to others by too little reserve in this respect? Have you abused the holy state of matrimony contrary to its lawful end? How many times? Have you lived with your wife (or husband) in peace and union? Or given scandal by disagreement and angry disputes? How often? How long have you lived in this way? Have you abandoned your wife (or husband) without just cause? Have you lived separate or remained a long while absent? Have you stubbornly refused to be reconciled?

Husband. Have you:

Treated your wife in a tyrannical or cruel manner? Beat her in your anger or drunkenness? Injured her by any other outrage? How many times? Made her unhappy by your neglect, unfeeling conduct or by spending your leisure time away from home? Have you treated her with attention and forbearance during her pregnancy? Corrupted her mind by your immodesty and wicked conversation? Tempted her or forced her to offend God? Neglected to provide for her maintenance and that of your children? Squandered her earnings and your own on your sinful pleasures?

Wife. Have you:

Without knowledge of your husband, made useless and extravagant expenses? Caused disagreement in his family by your conduct? Have you been respectful and obedient to him in everything reasonable? Made his home disagreeable? His life unhappy by your scolding tongue? Have you refused him his marriage rights? How often? Have you persuaded him to offend against the dictates of nature and of conscience? How often? Have you done your part for the support of the family? Have you been idle or neglectful of your household duties?

An Examination for General Confession

-Redemptorist Mission Book



Preliminary questions

1. When did you make your last good (valid) confession?
2. In past confessions did you hide any sin of which you were ashamed? Did you confess without true sorrow for them? Did you confess having no sincere intention to amend your life? Did you confess without honestly intending to do the penance?

If you have one "yes" to any of the above the confession was a bad one.

3. When did this happen? You are bound to repeat all the confessions after that bad confession. How often have you been to confession since that time? How often to Holy Communion ? Did you receive any other sacraments during this time? Which ones? Confirmation, Marriage, Extreme Unction?

1st Commandment (to serve God by faith, hope, love, and proper acts of outward religious worship)

Have you ever:

1. Denied the Catholic faith? Prayed in non-Catholic gatherings, listened to their preachers? Believed or affirmed that all religions were good for salvation? Read, kept, or propagated non-Catholic books?
2. Lost confidence in the mercy of God? Positively despaired of your salvation? Rashly presumed on the mercy of God thinking you might go on safely in your sins without abandoning them and without punishment?
3. Lived in entire forgetfulness of God for a month without any prayer, act of love or gratitude to Him? Sort of hated God? Wished there were no God? Complained against God? How many times?
4. Neglected to pray in danger of death or when strongly tempted by mortal sin?
5. Committed sacrilege by profaning a church, holy relic, crucifix, holy picture or other blessed thing? By profaning or striking a consecrated person? By irreverence, immodest actions, indecent dress or gross misconduct in church?
6. Consulted fortune tellers, dream interpreters, astrology? Played with ouija boards, invoked spirits, been involved with spiritualism? Encouraged others in these things?

2nd Commandment (broken by blasphemy, wicked oaths, cursing and the violation of vows)

1. Been guilty of blasphemy by words spoken against God Himself, His power, justice, goodness or perfections? Pronounced the sacred name of God or of the Saints in an irreverent manner? Spoken in a blasphemous manner of sacred things e.g. Sacraments, crucifix, relics? Abused the holy Scripture by irreverent application?
2. Sworn to a lie upon the Bible or other sacred thing, by the name of God, his Saints or your own soul? Wronged your neighbour by this action? Made foolish, thoughtless or sinful oaths? Have you ever violated any oath by not fulfilling it? Urged others to make unnecessary oaths?
3. Cursed yourself or your neighbour from your heart?
4. Made any rash vow, broken any lawful vow, put off fulfilling a lawful vow? Broken a marriage promise without good cause?

3rd Commandment and precepts of the Church

1. Sundays and holy days: Worked on Sunday without necessity or lawful permission? Caused other to do the same? Spent Sundays in drinking houses or elsewhere among ungodly companions? In dances, gambling, sinful company keeping, pleasure parties?

Mass: Omitted to hear Mass on these days through your own fault? Came too late, left too early, inattentive during? Been absent from sermons and remained in ignorance of the faith?

2. Disregard for fast days and days of abstinence? Caused others to do the same?

3. Been more than a year without a good Confession? Not made a good Easter Communion?

4. Been civilly married without priest and witnesses; before a heretic preacher?

5. Been divorced, entered a second pretended marriage?

6. Joined a secret society?

4th Commandment

1. Been a very ungrateful child? Despise, hate, wish misfortune or the death of your parents? Provoked your parents to anger or swearing? Lifted your hand to strike them? Made them unhappy by your misconduct? Disobeyed them in any serious matter? Contracted marriage without their knowledge? Neglected them, refused to aid them, been ashamed of them? Accomplished their last will? Been careful to pray for them?

2. Been disrespectful or disobedient to your spiritual superiors the Bishops and priests? Treated them in an insulting manner? Been rebellious? Taken part with the rebellious, disaffected or seditious? Neglected to contribute to the support of your pastors and the maintenance of religion? 3 Put yourself in opposition to the lawful authorities of the country?

5th Commandment

1. Been guilty of attempted, intended or desired the death of anyone by act, participation, instigation counsel or consent (homicide or abortion)? Engaged in serious fights or injured others by blows, wounds or other ill treatment? Intended to injure or ill treat others if you could? Endeavoured or intended to take your own life? Injured your health by excessive eating or drinking? Been drunk? Used drugs? Tried to hinder the generation of children by your act, advice or consent? Been at enmity with your neighbours or refused to speak or salute them? Given way to passion so as to be ready to commit violence or take revenge? Indulged in a spirit of envy, or jealousy? Are you now reconciled with all? Engaged through passion or revenge in lawsuits or maliciously defended yourself against the just claims of others?

2. Outraged the feelings of your neighbour by violent language or gross abuse? Been habitually quarrelsome and abusive? Excited others to anger or revenge?

3. Done harm to the soul of anyone by giving scandal? Do you remember some whose innocence has suffered by your wicked words or bad example? Enticed others to sin: by advice, direction or consent? By hiding their sins? By flattery, threats or promises Drawn the young or innocent into sin? Taught them vice? Told them what they should not know? Tempted the weak? Discouraged those who wanted to repent?

4. Neglected to give alms in proportion to your ability? Remained insensitive to the poor? Refused to contribute to Christian Charity? Refused your aid to the sick and dying?

6th and 9th Commandments

1. Impurity of thought Dwelt wilfully and taken pleasure in impure thought and imaginations? Consented to them in your mind?

2. Impurity of word Made use of and taken pleasure in impure language, songs? Boasted of former impure sins? Before the young and innocent?

3. Impurity of looks To excite evil desire looking impurely at self, persons of the opposite

sex, persons of the same sex? At images in books, magazines, TV, films, videos, Internet etc? Have you by immodest dress been a cause of temptation to others?

4. Impurity of incomplete acts of touch: Alone? With the opposite sex? Unnatural?

5. Impurity of complete acts of touch: Alone? With another of the opposite sex? (Married or unmarried) Unnatural?

6. Occasions of sin. Lived in the occasions of sin? Living in the occasion of sin now?

7. Other sins: Led others astray by presents, promises, flattery, caresses, threats, violence? Accomplish evil through promise of marriage? Promise kept? Taught sin to the ignorant or innocent? Corrupted the young? Taken part in the sins of others? Incest? Debauchery?

7th and 10th Commandment

1. Stolen money or other property? What? Still in possession of it? What value? How much stolen at a time? Stolen anything consecrated to God? Charged exorbitant prices? Made out false bills? Cheated in the weight, measure and quality of goods? Defrauded your creditors? Received exorbitant interest for your money? Been guilty of forgery?

2. Having found an object of value have you kept it without trying to find its owner? Failed to return borrowed things? Kept some of the money you have been entrusted with? Bought or received what you knew to be stolen, or kept them in your house? Neglected to pay your debts? Contracted debts without reasonable hope of repayment?

3. Have you been the cause of ruin or damage to the property of another? Received payment for badly done work? Carried on an unjust lawsuit? Employed corrupt means to gain your end? Taken advantage of the simple, young or ignorant? Made hard bargains with the poor or those in distress? Delayed their payment? Kept back just wages? Guilty of fraud or embezzlement?

4. Taken part in theft, fraud or injustice to others? Have you concealed it when it was your duty to inform?

5. Attempted, intended or desired to rob, steal, defraud or commit any kind of injustice? Have you committed little thefts with the intention of stealing a great deal?

6. Have you contracted the addiction to gambling using money you have no right to?

8th Commandment

1. Given false testimony before any tribunal or superior? Procured false testimony by persuasion or advice etc? Signed false papers? Falsified writings? What injury has this done?

2. Guilty of lying through malice for some bad purpose? Repeated reports which you knew to be false or did not believe to be true? Blackened the character or injured the interests of your neighbour?

3. Guilty of detraction in any serious matter, by making known the secret faults or defects of your neighbour?

4. Guilty of backbiting, speaking of the known faults or defects of others in their absence? Through malice? How often? Have you listened willingly and with pleasure to such conversation? Caused mischief or ill-feeling between others by tale-bearing? Formed rash judgments or entertained suspicions against your neighbour without any just cause? Ill treated him in consequence? Injured his feelings by your unjust accusations? Wronged him by revealing these suspicions to others? Been careful to repair the mischief you have done, by contradicting your false reports and by doing what else you could to restore the wounded credit, honour or reputation of your neighbour?

Final question

Is there anything else which disturbs your conscience?