

Self-Examination for Holy Confession

"And one of them, a lawyer, asked Jesus a question, to test Him, "Teacher, which is the great commandment in the law?" And He said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbour as yourself. On these two commandments depend all the law and the prophets." (Gospel of Matthew 22:35-40)

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. (Matthew 22:37)

I
You shall have no other gods before me.
(Exodus 20:3)

Have I believed in God: the Father, the Son, and the Holy Spirit?
Have I believed that Jesus Christ is both God and man?
Have I remembered to put God first in my life as a way of loving Him?
Have I received Holy Communion regularly and with proper preparation?

II
You shall not make for yourselves a graven image.
(Exodus 20:4)

Have I made an idol of any person or thing?
Do I give more importance to someone or something than to God?

III
You shall not take the name of the Lord your God in vain. (Exodus 20:7)

Have I profaned the holy name of God in any way?
Have I cursed anyone or anything?

IV
Remember the Sabbath day, to keep it holy.
(Exodus 20:8)

Have I kept the Lord's Day holy?
Have I attended Church services regularly?

You shall love your neighbour as yourself.
(Matthew 22:39)

Have I shown love and mercy?
Have I helped others in need?
Have I helped my Church teach the truth and help others?

V
Honour your father and your mother.
(Exodus 20: 12)

Have I respected my bishops, priests, parents, teachers or other elders?

VI
You shall not kill. (Exodus 20:13)

I Have I caused injury or death to anyone by my actions or words?
I Have I wished injury or death to anyone by my thoughts?

VII
You shall not commit adultery. (Exodus 20:14)

Have I allowed impure thoughts, words or deeds?
Have I engaged in sexual activity before or outside marriage?

VIII
You shall not steal. (Exodus 20: 15)

Have I stolen anything or cheated anyone?

IX
You shall not bear false witness against your neighbour. (Exodus 20: 16)

Have I lied, gossiped or otherwise betrayed anyone?

X
You shall not covet your neighbour's house ... or anything that is your neighbour's. (Exodus 20: 17)

Have I been jealous or envious of anyone?
