

SELF- EXAMINATION FOR CONFESSION

Your relationship with God

Do I believe in God and the Holy Trinity, in the Divinity of Christ, and in the Holy Spirit? Do I believe in the Church, Her teachings, and Her Mysteries?

Do I entrust myself always – and especially in difficult times – to the providence of God; or do I become discouraged, show lack of faith, and grumble against God?

Do I believe in psychics, card-readers, palm-readers, astrologers, and/or horoscopes? Have I advised others to believe in these false and demonic practices?

Do I believe in superstitions, and/or in "bad omens" (i.e. the number 13, walking under a ladder, spilling salt)?

Do I faithfully recite my prayers in the morning, at mealtimes, in the evening, and before going to bed? Am I embarrassed to make the Sign of the Cross in public, or in front of other people?

Do I study the Holy Scripture, as well as read other Orthodox religious books? Do I read religious books or tracts not published by the Church?

Do I attend Church on Sundays and on major feast days?

Do I attend the Divine Liturgy from beginning to end, or do I arrive late and/or leave early?

Do I go to Church dressed modestly, or do I dress to look good or to be attractive to others? Am I careful not to start conversations with others during the services of the Church, or even to make comments to them?

Do I hinder my spouse, children, parents, brothers or sisters, or any other person from attending Church? Do I tell others not to attend Church, or not to attend certain services?

Do I receive Holy Communion often? Do I prepare myself through prayer and fasting to receive the Body and Blood of our Savior Jesus Christ?

Do I swear for no reason, or falsely? Have I broken an oath or a promise?

Do I use the name of our Lord, Jesus Christ, the Virgin Mary, or the saints in any other way than with the deepest of respect and in my prayers? Do I use these names as a curse, or as idle, obscene, and/or vulgar talk?

Do I use obscene and/or vulgar words?

Do I abide by the fasting rules of the Church?

Do I treat religious objects carelessly (i.e. piling papers/books on top of icons, tossing religious books or pamphlets in the trash)?



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Your relationships with Others

Do I hate or strongly dislike someone, even if they treated me poorly?

Do I distrust others without good reason or cause? Do I think others may be talking about me, that they do not want me, like me, or love me?

Am I jealous of the progress, happiness, beauty, or possessions of others? Am I callous when I see or hear about the misfortunes/needs of another?

Am I honest, straightforward, sincere, and upright in my dealings with friends, partners, co-workers, and/or customers?

Do I speak sarcastically, or belittle or make fun of others? Have I damaged the reputation and honor of another person through slander, libel, or accusation? Do I gossip?

Do I judge the behavior, deeds, mistakes, shortcomings, or weaknesses of others? Do I do so even if such attributes appear to be true?

Do I curse those I dislike, or who have done wrong to me or hurt me? Have I cursed myself in difficult times in my life? Have I regretted the day I was born? Have I used insulting gestures toward others?

Do I respect my parents and care for them, despite their weaknesses and faults? Do I help them with their physical and spiritual needs, or do I treat them with indifference/neglect?

Do I get mixed up in other people's lives, work, family, or personal affairs; do I cause arguments/fights?

Did I strike any one in my anger, or abuse anyone verbally?

Did I ever kill anyone; have I committed murder in any way? Have I had an abortion, or have I encouraged/helped someone to have an abortion?

Do I carry out my vocation in life with integrity and honor?

Have I robbed anyone or embezzled from my employer? Do I suggest these acts to others, or have I helped them do it? Have I covered for a thief, or have I knowingly received stolen items?

Have I committed forgery? Have I taken advantage of my position for my own gain? Have I borrowed anything and failed to return it?

Do I hang around with the "wrong crowd," and/or am I involved in sinful relations or actions with others? Have I pushed or encouraged someone to sin either by my example or through my words?

Am I ungrateful and thankless to God, and to those who are good to me?

Do I give to those less fortunate than me?

A mosaic background featuring a close-up of a human face, likely a religious figure, rendered in a traditional mosaic style with small, square tiles in various shades of brown, gold, and green. The face is centered and occupies the upper half of the image.

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Questions to ask Yourself

Have I been attached to material things and/or to worldly items? Have I been selfish, stingy, or "cheap," or a lover of money?

Have I been conceited, or "puffed up" with pride? Do I like to show off my clothes, wealth, success, grades or accomplishments? Do I brag about myself or my family?

Do I crave admiration and adulation from the people around me? Do I accept praise with pleasure, and/or do I seek praise? Do I want others to flatter me? Do I get angry when they point out my mistakes and offer suggestions or constructive criticism? Do I say that there is no one like me, or better than me in some aspect of my life?

Am I stubborn, obstinate, egotistical, self-proud, or self-centered?

Do I engage in useless and/or idle pastimes that have no purpose or good? Do I play cards to "kill time"? Do I gamble?

Have I polluted my body and soul with carnal sins? Do I masturbate? Do I read "dirty," lewd, indecent, or obscene material? Do I look at indecent images? Do I purchase or look at pornographic materials? Do I go to places of "entertainment" that have such displays? Do I watch movies or television shows that have such images, words, or suggestions?

Do I dress indecently? Do I wear clothing appropriate to the opposite sex? Do I dress provocatively, or cause scandal by my appearance? Have I entered a Church dressed in these ways?

Do I take part in frantic or sinful dancing? Do I sing or listen to immoral, violent, or negativistic songs?

Do I expel from my mind any bad thoughts that come to pollute my thinking?

Have I ever considered suicide? Have I been seriously or severely depressed?

Have I been using obscene, insulting, or improper words for the sake of being comical or to insult or humiliate another person?

Do I take drugs without proper medical supervision? Am I addicted to drugs or other substances? Do I smoke tobacco?

Do I practice humility; do I have a spirit of self-denial? Do I practice obedience and quietly accept the directions of others who are my seniors, guides, leaders, or supervisors?

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If you have a spouse...

Am I loyal and faithful to my spouse? Have I offended or saddened my spouse publicly or in the presence of others?

Do I overlook my spouse's weaknesses? Have I been insensitive?

Do I encourage my spouse to follow the latest fashions or popular attitudes which contradict God's Law and my Orthodox faith? Do I influence my spouse to attend parties or social gatherings so that I – or both of us – can "be seen"? Do I insist on having money to spend on myself, on clothes, new fashions, or other selfish pursuits?

Am I sensitive to the personal struggles that each of us may have outside and inside the home, so that we can support each other in the daily struggle by providing emotional, psychological, physical, and spiritual comfort for each other?

Am I overly demanding of my spouse? Do I inhibit or prevent my spouse from going to Church or from attending spiritual gatherings, sermons, or instruction?

Is my spouse guilty of a habitual sin or a sinful habit; if so, have I patiently urged him/her through example and through kind words to repentance?

If I am the husband, have I assumed my ordained role as a Christ-like head of the family by sacrificing myself in every way to love, cherish, and care for my wife and my children? Do I make the "tough decisions" fairly and with total self-denial for the good and welfare of my wife and children? Do I come home at an early and reasonable hour from work? Do I spend unnecessary or excessive time away from my family with friends or associates in business, athletic, or social activities? Do I put my wife and my children first, or do other pursuits, occupations, or my career come before them?

If I am the wife, have I given over my natural inclination and desire to be the head of the family to my husband? Do I accept his decisions regarding the family with patience, or do I seek to argue and criticize him? Do I encourage him with patience and kindness to assume his proper role in the family?

If I am the husband, am I under the false impression that child-rearing and development is a responsibility of my wife? Do I understand that I also am responsible to care for them physically, read to them, advise them, teach them, spend time with them, let them feel my kind and patient presence? Do I teach them by my example that they must hold back, restrain themselves, and not get into trouble; or do I mislead them through neglect, abandonment, and/or bad example?

Do I love and respect my in-laws as I should my own parents?



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If you have children...

Do I teach my children that the Lord God is Lord alone, and that they must love Him with all their heart, all their soul, and all their might?

Do I take an interest in the whole education of my children, personal, emotional, intellectual, and spiritual; or do I ignore any of these?

Do I take my children to Church, to Holy Confession, to Holy Communion, to the Church (Sunday) School?

Do I teach my children by word and example; or does my example contradict my words?

Do I teach my children to pray each morning and each night? Do I teach them to pray at mealtimes?

Do I know what my children are reading? Do I encourage them to read books that will profit them and help them develop intellectually and spiritually?

Do I know who my children associate with and play with? Do I encourage them to associate and play with other moral, Christian, and Orthodox children?

Do I take my children to sinful movies, shows or other such entertainment? Do I carefully monitor what they are watching on the television, and listening to on the radio?

Do I let my children engage in useless pastimes? Do I allow them to watch television indiscriminately, or to waste their time in idle pursuits?

Do I teach my children humility and obedience – above all, by my example?

Do I encourage my children to dress modestly and appropriately to the occasion?

Do I curse my children when I am angry with them?

Am I unjust or unfair to my children in the distribution of food, toys, belongings, necessities, or their inheritance?

Have I physically struck or abused my children? Have I hurt or abused them emotionally?