

Confession List

With repentance thoughtfully answer these questions before God.

1. Do you believe in the teachings of the Holy Church
2. Have you joined in prayer with other religions
3. Have you used God's name in vain
4. Have you failed to show proper reverence around holy things
5. Have you missed church services out of laziness
6. Have you been angry at God
7. Have you cursed God
8. Have you failed to say daily prayers
9. Do you regularly thank God for good things
10. Have you lacked faith in God's mercy or doubted God
11. Have you failed to keep fasting days
12. Have you been responsible for death, including abortion
13. Have you seriously contemplated suicide or despaired
14. Have you dwelt on sinful or lustful thoughts
15. Have you looked at pornography
16. Have you defiled yourself through masturbation
17. Have you been unfaithful in your marriage
18. Have you had pre-marital sex
19. Have you committed homosexual acts
20. Have you been proud or stubborn
21. Have you been vain or overly concerned about looks
22. Have you acted to get praise of man, not God
23. Have you been greedy or selfish
24. Have you been jealous or envious of other
25. Have you been hypocritical
26. Have you overeaten or drank too much **(or misused drugs)**
27. Have you used foul language
28. Have you told lies
29. Have you cheated or stolen
30. Have you lost your temper with others
31. Have you had hatred towards other
32. Have you gossiped about others or talked idly
33. Have you passed judgment or condemned others
34. Have you been unforgiving towards others
35. Have you caused others to fall into sin
36. Have you purposely turned away from someone truly in need
37. Have you failed to show respect toward your parents or elders
38. Have you read or followed horoscopes
39. Have you properly prepared for Holy Communion with fasting and prayers
40. Have you made a sincere effort to help your family towards salvation
41. Will you make an honest effort to correct your sins
42. Do you have true repentance and sorrow over your sins
43. Is there anything else which you are repentant for