

## **7. You shall not steal.**

**MORTAL SINS:** Stealing a large amount of money or a valuable item; Willfully destroying or defacing another's property; Stealing something consecrated to God or from a holy place; Buying, selling, receiving or concealing items known to be stolen; Willful failure to make restitution; Excessive gambling; Defrauding workers of their wages; Serious failure to fulfill work requirements; Taking advantage of the poor, simple, inexperienced or less fortunate; Denying help to the poor, needy or destitute when able to help them easily; Defrauding creditors; Bribery or taking bribes; Blackmail; Fraud or embezzlement; Price fixing; Tax evasion; Forgery; Excessive waste; Slavery; Serious cruelty to animals; Violating copyrights and illegal copying of software.

**VENIAL SINS:** Attachments to persons or things; Theft of small or inexpensive items; Willful Failure to return borrowed items; Wasting time; Failure to pay debts promptly; Failing to practice charity or to help the poor; Squandering money on needless things or pursuits.

10. You shall not desire your neighbor's goods. **MORTAL SINS:** Serious and willful greed or avarice; Intention to steal or destroy the goods of another.

**VENIAL SINS:** Envy (sadness or anger at the good fortune of another); Jealousy (desire for the goods of another); Greed; Materialism; Not trusting that God will provide for all material and spiritual needs; Attachment to riches or material goods

## **8. You shall not bear false witness against your neighbor.**

**MORTAL SINS:** - False witness (not under oath) or perjury (under oath); Telling serious and premeditated lies; Serious gossip, detraction (revealing the faults of another without serious reason), or calumny (harming the reputation of another by falsities); Violation of a confidence without good reason; Being an accomplice to another's grave sin.

**VENIAL SINS:** Speaking unkindly to or about others; Telling lies; Exaggerating the truth; Bragging or boasting; Flattery; Complaining, whining or attention seeking; Spreading rumors or tale bearing; Talking behind another's back; Being negative, critical or uncharitable in thought regarding others; Making rash judgments; Being unjustly suspicious; Failure to seek to restore the good name of another whom you have injured through speech; Cheating in games, school work; Not keeping a promise.

# **EXAMINATION OF CONSCIENCE**

## **READ BEFORE CONFESSION - LIST OF MORTAL AND VENIAL SINS**

### **1. I am the Lord your God. You shall not have strange gods before me.**

**MORTAL SINS:** Involvement in occult practices, e.g., witchcraft, ouija boards, seances, palm reading, tarot cards, hypnotism, divination, black magic, sorcery, etc. Involvement in or adherence to New Age or Eastern philosophies, atheism or agnosticism. Apostasy (leaving the Church). Adherence to a schismatic group. Putting faith in superstition. Joining the Masons or other secret society. Receiving a Sacrament or Holy Communion in the state of mortal sin without prior Confession. Willful participation in illicit (non-emergency) "General Absolution" services. Being married by a Justice of the Peace or by a minister of another denomination (without dispensation). Involvement in false or pagan worship. Willfully denying the Faith of the Catholic Church. Despair of God's grace or mercy. Presumption - that I don't need God's grace. Hatred of God. Simony (buying or selling spiritual things). Failure to receive Holy Communion at least once per year. Desecration of the Holy Eucharist.

**VENIAL SINS:** Failure to pray on a daily basis; Not trying to love God with my whole mind, heart, soul and strength; Trying to control things rather than seek God's will; Entertaining doubts against the Faith; Failing to seek out or learn the teachings of the Church; Indifference or ingratitude to God; Luke warmness in the relationship with God; Not trying to grow spiritually; being content with mediocrity; Acedia (spiritual sloth); Putting other things or people before God, e.g., TV, radio, sports, hobbies, etc. Attachment to human respect or affection, i.e., caring more about what others think than what God thinks; Not trusting God; Playing evil games; Tempting God; Being angry at God; Embarrassment of being Catholic; Failure to defend the Church when ridiculed; Failure to support the Church; Not taking part in the work of evangelization; Being willfully distracted at Mass or in prayer; Putting off confession needlessly; Failing to accept or offer up suffering; Refusing or denying the mercy of God; Failure to pray when tempted; Failure to examine one's conscience daily; Giving into depression or self pity.

### **2. You shall not take the name of the Lord your God in vain.**

**MORTAL SINS:** Misuse of God's name as a curse. Seriously wishing evil upon another. Serious slander or insult of a sacred person or object. Making an oath in a secret society. Withholding a serious sin in confession. Blasphemy (words of hatred, reproach or defiance toward God; speaking ill of God). Perjury (lying under oath). Swearing false oaths

**VENIAL SINS:** Using the Lord's name lightly, in surprise or in anger (habitual, not thinking); Cursing thoughtlessly; Using the names of Mary, a Saint, the Pope or other

sacred persons irreverently; Using vulgar or inappropriate language; Telling bad jokes about sacred persons or objects; Speaking badly of the Church; Inappropriate or irreverent use of Scripture.

### **3. Remember to keep holy the Lord's Day.**

**MORTAL SINS:** Missing Mass on Sunday or a Holy Day of Obligation without a serious reason; Doing unnecessary work on Sunday for a long period of time for profit or gain. Intentional failure to fast or abstain on appointed days. Requiring employees to work on Sunday in non-essential occupations.

**VENIAL SINS:** Doing unnecessary work on Sunday; Failing to keep Sunday as a day for family and recreation; Failing to spend extra time on Sunday in prayer and study of the Faith; Allowing sports or other schedules to dictate the Sunday schedule; Being irreverent or disrespectful in Church; Not paying attention or participating at Mass; Coming late to Mass or leaving early without a serious reason.

### **4. Honor your father and mother.**

**MORTAL SINS:** Serious failure to care for aged parents. Serious neglect of the duties of one's state in life. Serious disrespect for or disobedience to parents, superiors or authorities. Wishing death or evil on parents. Abuse or serious neglect of children. Failure to baptize children in a reasonable time (within a few months) after birth. Serious neglect of the religious education or upbringing of children. Failure to carry out the last will of deceased parents.

**VENIAL SINS:** Fighting with siblings; Disobedience to parents or authorities; Failure to give proper respect to parents or those in authority; Failure to respect the dignity of children; Speaking badly about parents, children, one's spouse; Neglecting duties toward spouse or children; Failing to give good example; Not trying to cultivate peace in the family; Taking one's spouse for granted; Making fun of or failing to help the elderly or handicapped; Not praying for those entrusted to your care; Failing to pray for those in authority over you, e.g., parents, teachers, employers, government officials, etc.; Failure to teach children adequately about God and the spiritual life; Lack of gratitude toward parents; Nagging spouse or children; Treating adult children like minors; Meddling in the affairs of married children; Too lax with rules, boundaries and discipline; Too strict with rules, boundaries and discipline; Breaking just civil laws without serious reason; Being ashamed of or embarrassed about parents.

### **5. You shall not kill.**

**MORTAL SINS:** Murder, homicide or manslaughter; Having an abortion, promoting or paying for one; Willfully injuring or trying to hurt another person; Willfully leading another into serious sin; Driving dangerously; Driving under the influence of drugs or alcohol;

Willfully harboring hatred for another; Taking or selling illegal drugs; Willful drunkenness; Self mutilation; Excessive tattoos; Excessive body piercing; Piercing of the nipples or sexual organs; Sterilization; Promoting or assisting in euthanasia; Attempting or intending suicide; Disrespect towards the dead or their remains; Willful engagement in unjust lawsuits; Bigotry (hatred for persons of other races); Intentionally placing temptation before the weak.

**VENIAL SINS:** Pride, arrogance; Vanity; Stubbornness without good reason; Rudeness; Failure to apologize; Fighting or arguing over slight matters; Anger; Prejudice; Harboring a grudge; Seeking revenge or retaliation; Wishing evil upon another; Impatience; Selfishness; Listening to bad music; Watching violence on TV, DVDs, computer games; Refusing to forgive another; Intemperance (overeating or drinking too much); Driving carelessly; Failing to care for one's health; Abusing medications; Sloth (laziness); Failure to respect the dignity of self or others; Giving scandal to another; Treating another unjustly; Failure to take medications if such are necessary; Doing things willfully to anger others; Violating friendships; Failure to pray for deceased parents or relatives; Using the "silent treatment" on others; Failure to pray for sinners.

### **6. You shall not commit adultery.**

**MORTAL SINS:** Adultery; Fornication (intercourse prior to marriage); Masturbation or other impure acts by self or with others; Homosexual acts; Using contraceptives; Kissing or touching another for the purpose of arousal (spouses excepted); Bestiality (sexual acts with animals); Oral, anal or degrading sex practices; Prostitution; Rape; In-vitro fertilization or artificial insemination; Surrogate motherhood; Types of fertility testing that involve immoral acts; Involvement in or support of human cloning; Willful divorce or desertion; Incest; Seducing an innocent person; Lust in the heart ("if I could I would"); "Swinging" or wife swapping. **VENIAL SINS:** Lack of custody of the eyes (looking inappropriately at others); Allowing the heart to stray from one's spouse; Dressing immodestly; Treating others as objects; Failure to respect persons of the opposite sex; Seeking wrongful attention from another; Selfishness in marital intimacy; Failure to be open to life without serious reason; Keeping bad company.

### **9. You shall not desire your neighbor's wife.**

**MORTAL SINS:** Viewing pornography in books, magazines, movies, the internet, etc.; Reading sexually explicit materials; Dwelling on impure thoughts or fantasies for the purpose of arousal; Willfully lusting after another in a degrading manner.

**VENIAL SINS:** Telling or listening to impure or vulgar jokes or stories; Brief entertainment of impure thoughts or fantasies; Not trying to control the imagination; Curiosity or playing with temptation; Seeking out or looking at persons or pictures which are immodest.