

THE COMPLETE ORTHODOX GUIDE FOR EXAMINATION OF CONSCIENCE BEFORE CONFESSION

This guide has been prepared to assist you in preparing your soul for the Sacrament of Penance (Confession). Sincere confession requires honesty, depth, and repentance.

1. EXAMINATION OF CONSCIENCE BY THE TEN COMMANDMENTS

Commandment 1: I am the Lord thy God, thou shalt have no other gods before Me.

Sins: lack of faith, doubts, consultation with fortune-tellers, astrologers, occultism, wearing pagan amulets instead of the cross.

Commandment 2: Thou shalt not make unto thee any graven image...

Sins: greed, pursuit of material wealth, making career or celebrities idols, vanity.

Commandment 3: Thou shalt not take the name of the Lord thy God in vain.

Sins: using God's name in casual talk or jokes, false oaths, grumbling against His divine will.

Commandment 4: Remember the Sabbath day, to keep it holy...

Sins: missing Sunday liturgies without a major reason, working on major feasts instead of praying.

Commandment 5: Honor thy father and thy mother...

Sins: disrespect to parents, harsh words, refusing to help them, disobedience to teachers and mentors.

Commandment 6: Thou shalt not kill.

Sins: abortion (or aiding in one), anger, hatred, wishing harm to others, physical fights, self-harming habits.

Commandment 7: Thou shalt not commit adultery.

Sins: marital infidelity, premarital relations, impure thoughts, viewing indecent materials.

Commandment 8: Thou shalt not steal.

Sins: taking others' property, failing to pay debts, cheating at work, bribery, wasting paid working hours.

Commandment 9: Thou shalt not bear false witness against thy neighbor.

Sins: lying, slandering, gossiping, revealing others' secrets, condemnation.

Commandment 10: Thou shalt not covet...

Sins: envying others' success, property, beauty, or happiness, ungratefulness to God for your life.