THE TEN COMMANDMENTS
IN PREPARATION FOR CONFESSION

I am the Lord your God, and you shall have no other gods before me.
Has God been the source, center and hope of my life? Have I put myself, others or things before God? Have I failed to
trust in God’s existence, love and mercy? Have I failed to pray to God, to worship Him and to thank Him for His
blessings? Have I tried to serve God and keep His commandments faithfully? Have I murmured or complained against
God in adversity? Have I praised and glorified God through my words and deeds?

You shall not make for yourself a graven image in order to worship it.
Have I valued anyone or anything above God? Have I given to anyone or anything the love, honor and worship that
belongs to God alone? Have I made and idol of any person, idea, occupation, or thing?

You shall not take the name of the Lord your God in vain.
Have I blasphemed God’s holy name in any way? Have I sworn a false oath? Have I broken any solemn vow or prom-
ise? Have I entered into an agreement, promise or contract against God’s law? Have I cursed or used foul language?
Do I speak of God to other people? Have I spoken negatively about the church or the clergy with others?

Remember the Sabbath day to keep it holy.
Have I worshiped regularly on Sundays and major feast days and have I helped others to do the same? Do I come reg-
ularly late to the holy services? Does my attention wander during church? Have I worked unnecessarily on Sundays or
major feast days or caused others to do so? Have I spent the Lord’s Day in a wholesome and edifying ways? Do I use
my time wisely or do I waste a lot of it? Have I contributed a sacrificial share of my time, talent and treasure to the
church? Have I discouraged others from attending church or participating in the sacraments? Have I kept the pre-
scribed fasts of the church?

Honor your father and mother
Have I loved and respected my parents as I should? Have I neglected them or failed to help them? Have I disobeyed
them, deceived them or caused them pain by my words or deeds? Have I treated all my family members with patience
and love? Have I neglected my children? Have I disrespected any member of the clergy?

Thou shall not kill.
Have I caused the harm, injury or death of anyone? Have I wished my own or anyone’s harm or death? Have I been
cruel to animals or destroyed any life unnecessarily? Have I spoke badly about other people or harm the self-esteem
of others? Have I done things that are harmful to my own body such as excessive eating, drinking, smoking, drug
abuse? Have I tried to prematurely end my life? Have I had an abortion?

You shall not commit adultery.
Have I committed any immoral acts alone or with others? Have I caused others to commit immoral acts? Have I com-
mitted immoral acts in my heart? Have I honored my spouse? Have I been faithful to my spouse? Have I read or
viewed inappropriate materials?

You shall not steal.
Have I taken anything that was not mine from anyone or from anywhere? Have I cheated anyone? Have I caused oth-
ers to steal or cheat? Have I tried to find the owners of lost things I have found? Have I damaged or destroyed any-
thing that belonged to another? Have I defrauded anyone of rightful wages? Have I paid my debts? Have I given to the
poor and to philanthropic causes in proportion to my means?

You shall not bear false witness.
Have I given false testimony against anyone? Have I spoken evil, told lies or spread rumors about anyone? Have I dis-
closed to anyone the sins and faults of another? Have I made careless statements or done anything else to harm the
name and reputation of another? Have I engaged in idle gossip?

You shall not covet.
Have I looked with envy jealousy or hatred toward the possession talents or achievements of others? Have I desired
the downfall or loss of others out of evil intent that I might benefit? Have I grieved that God has bestowed greater
blessings on others than on me?

*Please highlight the ones you have done and make a list of the issues that need discussion