

## 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 an 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 promise? 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 regularly 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 way? 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 prescribed 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 harmed 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 committed 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 others to steal or cheat? Have I tried to find the owners of lost things I have found? Have I damaged or destroyed anything 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 disclosed 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?