**Self-Examination for Holy Confession**

**The Ten Commandments**

***1. You shall have no other gods before me. (Exodus 20:3)***

Have I believed in God: the Father, the Son, and the Holy Spirit?

Have I believed that Jesus Christ is both God and man?

Have I remembered to put God first in my life as a way of loving Him?

Have I received Holy Communion regularly and with proper preparation?

***2. You shall not make for yourselves a graven image. (Exodus 20:4)***

Have I made an idol of any person or thing?

Do I give more importance to someone or something than to God?

***3. You shall not take the name of the Lord you God in vain. (Exodus 20:7)***

Have I profaned the holy name of God in any way?

Have I cursed anyone or anything?

***4. Remember the Sabbath day, to keep it holy. (Exodus 20:8)***

Have I kept the Lord’s Day holy?

Have I attended Church services regularly?

***5. You shall love your neighbour as yourself. (Matthew 22:39)***

Have I shown love and mercy?

Have I helped others in need?

Have I helped my Church teach the truth and help others?

***6. Honour your father and your mother. (Exodus 20:12)***

Have I respected my bishops, priests, parents, teachers or other elders?

***7. You shall not kill. (Exodus 20:13)***

Have I caused injury or death to anyone by my actions or words?

Have I wished injury or death to anyone by my thoughts?

***8. You shall not commit adultery. (Exodus 20:14)***

Have I allowed impure thoughts, words, or deeds?

Have I engaged in sexual activity before or outside marriage?

***9. You shall not steal. (Exodus 20:15)***

Have I stolen anything or cheated anyone?

***10. You shall not bear false witness against your neighbour. (Exodus 20:16)***

Have I lied, gossiped, or otherwise betrayed anyone?

***11. You shall not covet your neighbour’s house…or anything that is your neighbour’s. (Exodus 20:17)***

Have I been jealous or envious of anyone?

**The Beatitudes**

**Blessed are the poor in spirit, for theirs is the kingdom of heaven.**

Have I truly recognized my complete dependence on God? Have I been proud, arrogant, and self-righteous in my ways? Have I been selfish, possessive, and self-seeking? Have I sought after status, power, and wealth?

**Blessed are those who mourn, for they shall be comforted.**

Have I endured, difficulties, and afflictions with faith and patience? Have I left sadness for the sufferings of the poor, the hungry and addicted, the sick, the lonely, and the sinful of the world? Have I truly been sorrowful for my sins and faults?

**Blessed are the meek, for they shall inherit the earth.**

Have I tried to serve or rather to dominate others at home, school, work, office, Church, and elsewhere? Have I nursed hatred in my heart or desired revenge against anyone? Have I been resentful, bitter, unforgiving, insulting, or abusive to others? Have I loved my enemies?

**Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.**

Have I truly yearned for God’s will to be done in all things? Have I worked for justice in my family, society, and the world in ways within my reach? Have I tried to cultivate a righteous life through prayer, fasting, worship, receiving Holy Communion, and deeds of love toward others?

**Blessed are the merciful, for they shall obtain mercy.**

Have I shown compassion and help toward the poor, hungry, lonely, and needy around me? Have I tried to understand and forgive others? Have I been indifferent, judgmental, or legalistic?

**Blessed are the pure in heart, for they shall see God.**

Have I loved goodness, purity, and holiness? Have I succumbed to evil motives and intentions? Have I given way to impure thoughts, words, or deeds? Have I been guilty of bias and prejudice? Have I been hypocritical, pretentious, or self-indulgent to sinful passions?

**Blessed are the peacemakers, for they shall be called sons of God.**

Do I have God’s peace in my heart? Have I been unfairly angry, aggressive, or impatient? Have I worked for peace at home, work, Church, and in society? Have I been irritable, polemical, or divisive?

**Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.**

Have I complained when persecuted for God’s sake? Have I prayed for my persecutors? Have I failed to defend anyone in the truth for fear of humiliation or persecution? Have I had the courage to stand up for what is right despite criticism, ridicule, or persecution?

**Blessed are you when they revile you and persecute you on my account; rejoice and be glad, for your reward is great in heaven.**

Is the joy of Christ in my heart even in trying moments? Have I been pessimistic, despondent, or desiring? Have I truly delighted in the promise of God’s treasures in heaven?