

## **THE TEN COMMANDMENTS OF PREPARATION FOR CONFESSION**

### **FIRST COMMANDMENT: 'I am the Lord thy God: Thou shalt have no other Gods before me.'**

- Have I loved God as much as I should?
- Have I been more interested in my own will rather than God's?
- Have I failed to pray sincerely and regularly?
- Have I believed in God the Father, the Son, and the Holy Spirit?
- Have I failed to trust in God and His mercy?
- Have I complained against God in adversity?
- Have I been thankful for God's blessings?
- Have I doubted the Christian faith and the teachings of the Church?
- Have I tried to serve God and keep His Commandments?
- Have I given way to superstition?

### **SECOND COMMANDMENT: 'Thou shalt not make unto thee any graven image.'**

- Have I put another person or object before God in my life?
- Have I been insincere about my religion?
- Have I made an idol of any person or thing?
- Have I given to anyone or anything the worship that is due to God alone?
- Have I set before myself the holy life of Jesus and tried to imitate Him?
- Have I read the Holy Scriptures regularly?
- Have I neglected to receive Holy Communion regularly or without due preparation?

### **THIRD COMMANDMENT: 'Thou shalt not take the name of the Lord in vain.'**

- Have I paid proper attention to holy persons and things?
- Have I broken any solemn promises?
- Have I profaned the holy name of God in any way?
- Have I cursed anyone or anything, or sworn a false oath?
- Have I failed to give proper reverence to holy persons or things?
- Have I had due respect for the clergy of the Church or hindered them in performing God's work?
- Have I broken any solemn vow or promise?
- Have I entered into any unlawful contract or made an unlawful promise?

### **FOURTH COMMANDMENT: 'Remember the Sabbath Day to keep it holy.'**

- Have I always kept Sunday as it ought to be kept?
- Have I stayed away from Church on Sundays or prevented others from going?
- Have I done unnecessary work on Sundays?
- Have I spent the day in unwholesome fashion or profaned it by improper conduct?
- If I could not go to Church because of illness or other grave cause, have I

prayed at home?

- Have I caused anyone else to profane the Lord's Day?
- Have I kept the Fasts and Festivals prescribed by the Church?

**FIFTH COMMANDMENT: 'Honor thy father and thy mother.'**

- Have I argued disrespectfully with my parents?
- Have I respected my parents and been obedient to them?
- Have I been guilty of deception, or caused them pain by my words or actions?
- Have I neglected them or failed to help them?
- Have I done my duty towards my family?

**SIXTH COMMANDMENT: 'Thou shalt not kill.'**

- Have I harmed others by ridicule & sarcasm or contempt & stubbornness?
- Have I fought with my family and friends?
- Have I caused the injury or death of any one, or wished that they or I were dead?
- Have I done anything to shorten my own life or that of someone else by injuring health, or through evil and intemperate living?
- Have I given way to anger, or harmed others with words or actions?
- Have I defamed others who needed help, or failed to stand up for those unjustly treated?
- Have I been cruel to anyone or have I mistreated or destroyed any life unnecessarily?
- Have I failed to forgive anyone or harbored evil thoughts against them?

**SEVENTH COMMANDMENT: 'Thou shalt not commit adultery (or infidelity).'**

- Have I given way to impure thoughts, words, or deeds?
- Have I committed any unworthy actions alone or with others?
- Have I read immoral books or magazines, gone to immoral websites or delighted in obscenity of any kind?
- Have I eaten or drunk too much?
- Have I been lazy, idle, or wasted my time?
- Have I led others to commit sinful acts?
- Have I been unfaithful to any trust confided in me?

**EIGHTH COMMANDMENT: 'Thou shalt not steal.'**

- Have I ever stolen or wished to do so, or shared in stolen goods?
- Have I given to my Church what I know I can afford to give?
- Have I kept anything that did not belong to me?
- Have I tried honestly to find owners of lost articles I have found?
- Have I cheated anyone?
- Have I given to charitable causes in proportion to my means?
- Have I been honest and upright?

**NINTH COMMANDMENT: 'Thou shalt not bear false witness.'**

- Have I exaggerated or let others take the blame?
- Have I told lies, or added or subtracted from the truth?
- Have I made careless statements or spoken evil of anyone?
- Have I told any secrets entrusted to me, or betrayed anyone?
- Have I gossiped about anyone or harmed their reputation?
- Have I concealed the truth, assisted in carrying out a lie, or pretended to commit a sin of which I was not guilty?
- Have I tried to see the good in others rather than their shortcomings?

**TENTH COMMANDMENT: 'Thou shalt not covet.'**

- Have I envied anything good that has come to others?
- Have I been jealous of another's good fortune?
- Have I wished for anything that was another's?
- Have I damaged or destroyed the property of others?
- Have I wished for things God has not given me, or been discontented with my lot?
- Have I been stingy?
- Have I held back anything due another?
- Have I hoped for the downfall of anyone so that I might gain by it?
- Have I failed to be gracious and generous to anyone?
- Have I expected God to give me that which I would refuse one of my fellow men?

Remember: It takes a good person to admit that he makes mistakes. You are not bad because you go to confession. You are a good person trying to become even better.

<http://www.allstsvvv.org/Orthodox%20Study%20Forum/Preparing%20for%20Confession.htm>