

Examination of conscience for confession (adults)

We offer a series of questions that can help in the personal examination of conscience prior to confession. This version is intended for adults.

05/09/2023

■ Have I rejected or neglected my faith? Have I refused to defend my faith, or been ashamed of it? Is there any aspect of my faith that I do not accept?

■ Have I taken the Lord's name in vain? Have I been superstitious or put my trust in witch doctors, fortune-tellers or any other like these? Have I shown disrespect for any holy things, places or people?

■ Have I missed Mass on Sundays or Holy Days of Obligation? Have I been attentive during the Mass or do I wilfully get distracted?

■ Have I received Holy Communion with a grave sin on my conscience?

■ Have I received Holy Communion without proper reverence?

■ Have I acted with impatience, anger or jealousy?

■ Have I fostered resentments or been unwilling to forgive?

■ Have I been verbally or physically violent with others?

■ Have I taken part in or encouraged abortion, euthanasia or any other means of taking human life?

■ Have I been involved in a process of IVF? Have I encouraged anybody to do IVF? Do I understand the gravity of the processes involved, increased by the destruction of human embryos?

■ Have I been hateful or judgemental in thoughts or deeds? Have I looked down on others?

■ Have I spoken badly about others, engaging in gossip?

■ Have I consumed alcohol excessively or taken drugs?

■ Have I looked at pornographic videos or websites? Have I committed impure acts on my own? Have I been involved in *impure acts* with someone else? Am I living with

someone as if I were married when I am not?

■ If I am married, do I seek to love my spouse above all else? Do I put my marriage and my children first? Have I practised contraception? Am I faithful to my spouse?

■ Do I let my work occupy time and energy that family and friends deserve? Have I been honest and diligent in my work?

■ Have I been proud or selfish in my thoughts or actions? Have I neglected the poor and those in need? Have I spent money on my own personal comfort and luxury, forgetting my responsibilities to others and the Church?

■ Have I stolen or cheated anyone at work? Have I received or given bribes or participated in sharing funds from questionable sources?

■ Have I given in to laziness? *Have I preferred physical comfort to service of others?* Have I neglected the responsibility to *bring others closer to God* through my example and words?

■ Have I told *lies*?

DOWNLOAD POSTER CONFESSION
MADY EASY.

-
- *Confession: a step-by-step guide*
 - *Examination of conscience for children*
 - *Examination of conscience for teens*

If you have any questions or would like further information, please contact us at [info @opusdei.ng](mailto:info@opusdei.ng)

pdf | document generated
automatically from [https://
dev.opusdei.org/en-ng/article/
examination-of-conscience-for-
confession-adults/](https://dev.opusdei.org/en-ng/article/examination-of-conscience-for-confession-adults/) (06/08/2025)