

# GENERAL CONFESSION

## Preparation – thorough examination of conscience

Sins committed throughout the life – it is recommended to write them down on paper, and so conscientiously perform a General Confession. It is necessary **to confess all the sins**, mortal even with the count – if you do not know exactly, at least approximately.

**MAKE ONLY ONE MORTAL SIN AND DIE IN IT WITHOUT REPENTANCE, IT IS ENOUGH FOR THE SOUL TO BE DAMNED. Eternity is happy or unhappy! This is the dogma of our faith.**

You do not put off the necessary treatment because of the health of your body. Don't be a fool who puts his conscience right until the moment of death. The time of death is not suitable for us to secure eternal salvation. Write down your sins and make a general confession of your entire life. Keep in mind you will turn in your account in order to gain eternity. Therefore, do as you will have to do at the moment of turning in the accounts in front of the eternal Judge, Jesus Christ. Think that what you now see difficult, will seem to you impossible at the time of death.

We have to walk the way of the Lord, while we have time, because in the hour of death, the light burns out. Then there will not be time to prepare, **at that moment, we have to be ready**. In the hour of death, nothing can be done. What has been done is done. When death comes, it won't be possible to put in order confused conscience in that storm and confusion. Who knows what might happen? If you lose your soul in the hour of death, then you lose everything and there will never be any hope of regaining it. God certainly did not send us to this earth so that we become rich, receive honors, or satisfy our senses. But He sent us here to gain eternal life.

Everyone knows that their journey will end one day. But delusions of many are that they are imagining death as far as if it should never have come. Even very old and sick people often say that they could live another 3-4 years. Well, we know about that, how many suddenly died! Some seated, others walking, another sleeping in the bed. It is certain that none of them thought he was going to die so unexpectedly on the day he really died. If you would die tonight, and then about your eternal life should be decided, would you be ready to turn in account of your deeds? Wouldn't you give all to God for one more year, month, or at least one day of life? Why now, when God gives you this time, you do not remedy your conscience? Or is it impossible that this this is your last day? Are you waiting for the day of death?

As for the past, trust Jesus Christ, He gives you this enlightenment now, because He wants to redeem you. What a love and tenderness with which God embraces the sinner, when He returns to him! Trust

the intercession of the Virgin Mary who is begging for you. Who knows whether these lines are the last call that merciful God sends you?

## **THE FIRST COMMANDMENT**

### **1. You Shall Worship the Lord Your God and Him Only Shall You Serve. You Shall Have No Other Gods Before Me.**

The first of the commandments includes commandment faith, hope and love. Our moral life has its source in faith in God who reveals his love to us. Our duty toward God, is to believe in Him and to give testimony about Him.

#### **HAVE I SINNED AGAINST TO FAITH?**

**Voluntary doubt about the faith**, truthfulness of what God has revealed, and the Church presents to believe, hesitancy in faith.

**Faithlessness** – neglect of revealed truth, voluntary refusal of faith.

**Heresy** – by denying or questioning any truth that must be believed through the divine and Catholic faiths. Do I accept the doctrine of the Church in its entirety? E.g., hell does not exist, denial of virginity of the Virgin Mary, denial of the Holy Trinity.

**Apostasy** – by rejection of the Christian faith, apostasy.

**Schism** – refusal to submit to the pope or refusal of communion with the members of the Church who are subordinate to him. The schism of Christianity is also the Protestant movement. Participating in the Protestant and sectarian rites (Evangelical – Lutheran, Calvinist, Baptiste, Adventists, Jehovah's Witnesses, etc.) – The practice of them, engaging them and accept them. Did I testify in faith in public life? (at work, in front of friends...).

Don't I belong to an organization, which has anti-religious program, trend ? Did I not vote these political parties, support such politicians – did I agree with them?

Do I justify my sins and the sins of others (my children, the family, I use the excuse – today times are different ...)?

#### **DID I LOVE GOD ABOVE ALL ELSE?**

Is God for me the highest value, the highest good? Is He first in my life? Do I consider God to be the Father? Am I trying to be his best child? Do I love Him with love that is above every

other love? Do I serve consciously or unconsciously temporary gods? (cult of money, material goods, TV, power, career, own body, success...).

- Do I keep religious criteria and commandments in everyday life?
- Did I denied God? – biased, self-seeking (for the avoidance of church tax, in the census, at work...), mindlessly, to make self-interesting, because it suited me in the particular situation.
- During Lent was I living in sin (entertainment, dancing, not keeping fasting)?
- Do I blame God for the misfortune that had struck me? Did I accept the things of God as a gift of God and evil, as a test of loyalty and share in Christ's suffering?
- Am I grateful for my life, every day lived, each new opportunity?
- Am I doing my daily work as a prayer with the intention to please God? (or to please people, be popular, be in the center of attention, seek for own benefits).
- Do I respect dignity while wearing sacred symbols? (Cross on chain, Rosary ring, medallion of the Virgin Mary). Do I consider them amulets, talismans, mockery?
- Do I pay tribute to the Eucharist? Do I go to adorations?
- Do I accept God's will and God's plan for my life?
- Do I listen to the voice of my conscience?

My God shall be the Holy Trinity – Father, Son and Holy Spirit. Practically in my life, it is what I am putting on the first place in my thoughts, feelings, on behalf of what I do my deeds, what I prefer.

What is for me on first place?

**I, myself** – my health, my honor, my belly, beauty, body, selfishness, egoism, respect I expect from others , the others have to adapt to me, feelings of self-pity, feeling of injustice, do I expect an apology from others?

**Health care** – we have to respect the physical life, but does not make it an absolute value – the neo-pagan mentality is developing cult of the body ( sacrifice all to **it**, idolize physical perfection, obsession with exercise and body care, success in sport, leads at the same time to the perversion of human relationships). It is necessary to avoid any overshooting to extremes.

**Other people** – my child, grandchild, husband / wife, family members, excessive love for people?

**Anything** – money, property, car, house, nice clothes, jewelry, art, sports, career, vacation, vanity.

### **Thou shalt have no other gods except Me**

– how many gods I worship? How many I serve? Own body – exercise due to figure, diets, excessive makeup, cosmetic surgery, beauty treatments, clothing, solarium...

Wasting time - watching TV, visits, entertainment, silly speeches, jokes...

### **Which one most? On what I think most during the day?**

Entertainment, gluttony, receptions, TV, friends and acquaintances, family, property, own body, health, career, sports, dance, shopping ...

### **DID I WORSHIP OTHER GODS?**

Polytheism, belief in reincarnation, Eastern religions, martial arts (worship of the sun, use of energy, etc., based on Eastern spirituality), Invoking the Dead, participation in spiritualistic sessions?

Other practices which I assumed that reveal the future: divination of coffee, casting of lead, reading horoscopes, taking service of the fortune-tellers, I gave to interpret the cards (I interpreted them myself or others), tarot, angel cards, numerology, calculating the sex of the child, astrology, weather lore, reading out of hand?

Acupuncture, occultism (reading occult literature too), esotericism, mantras (they summon and worship demons), astral projection, Feng shui, aura, reiki, psychotronics, Silva Method, pendulum, interpret dreams – dream-books, exercise of Eastern religions – 5 Tibetans, exercises for opening the chakras (opens access to evil spirits), breathing exercises?

**Halloween celebration** – Carnival (also for children), carving pumpkins (*it is* based on the celebration of satan, the house in which they sacrificed child to satan was marked with the serrated pumpkin), witchcraft practices, changing clothes into costumes and masks of devils (headband with horns), witches, changing clothes for priests and religious people (mockery).

Halloween is the devil's mockery of the feast of All Saints. No Christian shall celebrate and support it, promote, express consent.

**Did I visit folk healers** – I myself abused the trust of others in this way? Alternative medicine = occultism.

I committed idolatry – the deification of that, what is not God – voodoo/gods, evil spirits, creatures instead of God, power, pleasure, ancestors, health, money – I served mammon – the subject of main interest in my life were money and possessions, how to get them, how to keep them?

**Do I keep at home “souvenirs” gods – demons?** Do I call it an art? Do I excuse myself that I am not believing in it, that I don't worship them? Statues, carvings, paintings, porcelain plates with their depictions, scarves, jewelry, keychains, magnets ... (Buddha, Hindu deities, symbols of Eastern religions, Egyptian gods, pharaohs – they considered themselves a deity, Greek gods, the sun, the African statues and masks, voodoo ...). Did I visit a Hindu or Buddhist temple e.g. on vacation? Did I take part in any ritual there? Did I let paint any symbols on my body, eg. henna? (even as a joke, or due to lack of knowledge).

**Superstition** – Did I attribute created things supernatural effects, magic, miscellaneous fetishes (hanging a horseshoe, mistletoe for good luck, the tooth of the bear, hair), amulets, red strings, carbon water, spitting, knock on wood, black cat, Friday the 13th, talismans (also the abuse of religious medallions and rosaries for these purposes, hanging medallions on red lace, etc.)?

Often diseases in children – do examination of your conscience if the devil found access into the heart of the child through our sin (e.g. attaching red laces on strollers, or directly on a child – these are opening access to the child for demon).

**Homeopathy** – the principles of homeopathy is based on magic, the occult. Imitating magic, where similar procreate similar. It belongs to folk healing (occultism).

**Yoga** – immersed in the world of gods and spirits, its task is to evoke their presence, is satanic – and it is every yoga, one who practice it, opens up to demonic action. It is not a relaxation exercise, it is spirituality. Activates the chakras. Individual exercises represent initiation to specific gods – demons. Its practice is associated with the adoption of the Hindu teachings. By participating in idolatry, we open ourselves (even unconsciously) to the work of evil spirits. Participation in idolatry, we open ourselves (even unconsciously) to the action of evil spirits.

Did I practice some of these, did I incite others to do, and did I agree when others spoke me about it?

**WHAT DO MY PRAYERS LOOK LIKE?**

Without a prayer salvation is not possible. Even if we do many good deeds, but not pray often and well, we will not achieve salvation. Prayer opens the eyes of the soul, recalls her own misery, and reinforces strengthens distrust of oneself and commands recourse to God. Devout Christian insert whole hope in God, uselessly no rely to himself.

God does not look whether prayers are long and pretty, but wants, to flow from the bottom of our heart, that we pray with respect and desire to resemble him – thus the ordinary and uneducated person can pray well. God forgives even the greatest sinners, if they sincerely beg, therefore evil spirit uses all the ways that we neglect prayer. If I am experiencing difficulties in prayer and disgust, yet will not turn away from prayer, my prayer is that even more meritorious in the eyes of the Lord God. Pray for everyone, even for enemies.

For a prayer to be dear to God and useful to the soul, **we must be in a state of grace**, have the **desire to turn** and have **resistance to sin**. Sinner who does not want to correct, is an insult to the Lord God. **In vain are your prayers and sacrifices if you remain in sin!**

**There is no physical healing without forgiveness and spiritual healing. God can hear our prayer only when we remove all obstacles. Therefore, we must renounce all sins and forgive everything to everyone.**

Sinners cannot reach conversion without prayer. The damned went to damnation because they did not pray or prayed badly.

- Do I pray, do I pray little? – Do I want to get it over with as soon as possible, do I count on, that an others will do prayers for me, distracted and unfinished prayers – Do I fall asleep during them?
- Do I omit morning and evening prayers?
- Do I do worships, the Calvary, I do not pray the Novena, I'm mature but I pray only basic prayers as a child, I do not pray for others, I do not pray for the souls in purgatory?
- Do I pray with resistance?
- Do I pray more only when I have difficulties, I just a little thank God in prayer – but I always ask something?
- Do I mock prayers and them who are praying, I question devotions, distorting words?

Parents – Do I teach a child to pray – Do I apologize it by being still young, am I an example to the child? If a child is tiny – I should pray with him on his behalf, oversee that he performed his prayers – to pray together, to teach child age-appropriate prayers and not to be satisfied with the fact, that the child knows only children's prayers. My adult child does not

know Christian prayers (Rosary, Chaplet of Divine Mercy) – for I have not taught them from my indifference, disinterest?

### **HOW DO I SPEND TIME AT HOLY MASS?**

- Do I just listen to it formally?
- Am I distracted, do I disturb, am I bored, sleeping, talking, commenting priest, believers, decoration in temple, the homily, I anger that Holy Mass takes too long, am I actively involved in the course of the Holy Mass (do I pray, do I answer the priest), do I murmur if I do not have free seat, do I kneel before the Lord on both knees, I barely enter the church and already think how to leave as soon as possible?
- Do I participate in the whole Holy Mass – from the beginning to the blessings, am I late, do I thank God for the grace of the Holy Mass – am I rushing out of the church as soon as possible?
- Do I go to the Holy Mass – I do not go out of laziness, out of conviction, out of indifference, out of excuses for health, out of duty (I have to cook, I have to learn, I expect a visit, I have a small child ...)?
- Am I going to the Holy Mass myself – Do I tell others to go on my behalf?

**Parents** – Am I bringing a child into the church – do I rob him of graces (I excuse it that child is small, disturbs peace, I will not be able to focus on the Holy Mass, out of laziness ...), do I tolerate child's refusal of participating in the Holy Mass – do I even support it (excuses – must learn for an exam, let him decide for himself whether he wants to go) – do I forget about my responsibility for the child in front of the God? If the child is already an adult and I know that is not going to the Holy Mass, I have a duty to admonish. Am I an example for the child – Do I send a child to church, but I'm not going myself?

- Do I go to Holy Mass, Holy Communion in unworthy clothes (shorts, short skirt, neckline ...)?
- Do I go to Protestant rites (Lutheran, Calvinist) – do I accept and spread their heresies to convince others, do I blaspheme?

### **HOW DO I RECEIVE THE SACRAMENTS?**

- Indifferently? Out of obligation? I confess 1-2 times a year (the Church imposes to confess at least once a year – not because it would be sufficient for a soul, but if it not doing so, how many would not come to the Sacrament of Penance not even once a year – am I one of them?)
- Do I receive Holy Communion with reverence?
- Am I in a state of grace?

- Do I receive unworthy (form of sacrilege)?
- Do I mock and disparage the sacraments?
- Do I question the body of Christ – Eucharistic Jesus? Do I receive unworthily? Do I receive on the hand (not in the mouth)?
- I mock the Body of Christ pursuant Protestant heresies – Did I despise the Eucharistic Jesus and His bloodless sacrifice in the celebration of the Catholic Holy Mass and replace it with the rites of the Protestant (Lutheran, Calvinist)?
- Did I avoid receiving the Eucharist out of negligence, scrupulosity, shame in front of the people?

### SACRILEGIOS CONFESSION

**For good confession it is not enough to confess sins in front of a priest and execute given repentance! Do not lie to yourself, that God can be satisfied with anything and that you can easily gain lost grace.**

The whole year you were busy with worldly things, taking care of the property, pleasantness of life, not working on your (spiritual) improvement, on rectifying – on Easter you come to confession and confessing your sins, like telling a tale. Then mindlessly and mechanically you recite a few prayers, and it seems to you, you have settled with God. Immediately after the confession, you return to the previous way of life (lechery, entertainment, dancing, pubs, concubines, adultery, red laces, horoscopes, injustice which you did not redress, theft which was not atoned) – **no trace of correction is seen! Every year, from confession to confession you do the same!**

- You confess indifferently, cold-hearted, just out of habit, routine – does love to God, regret and desire lead you to mend yourself?
- You confess only in general; do you omit many of your sins? You can deceive a priest, even pretend remorse and get absolution from him, but you will not deceive God. God will not confirm such absolution. Remember, that your confessions, if you act this way, are not valid and perhaps they are even sacrilege! There are people who would confess only on their deathbed if the Church is not ordering them to do so every year.

### **Am I doing a good examination of conscience?**

Examine the depths of the heart thoroughly – do not hide anything from yourself – as nothing will be hidden at the final judgment.

The less someone confesses, the more time for questioning the conscience is needed.



**The desire to make remedy is only doubtful and played, repentance pretended** (as evidenced is return to a sinful life – again you sit in the pubs, fornicate, you take anticonception, revel, a few more times you come to Holy Mass and then no longer – up to some feast).

**Lack of remorse** – when we hide sin, we feel inner restlessness that bites us like a wild tiger, but if we do not remorse, in our blindness we do not pay attention to it. One who wants to be sure about a proper repentance in confession, will see it best in change of previous life.

Am I **hiding sins** from a priest because of fear, that I will not receive absolution? Someone may say: “Probably no one dares to hide sins, because of exposure to frequent remorse. My brothers! If I had to confirm under oath, I wouldn’t hesitate to say that there are five such sinners out of six people, among you in the church right now. You’ll see for yourself at the Day of Judgment, and you will recall what I have said to you today.” (St. J. M. Vianney)

If you say that you are confessing a sin which you forgot in the previous confession – but you did not say this sin from laziness or shame – you commit sacrilege. Omit or reduce the number of mortal sins is sacrilege (if I am guilty of three such sins and say only two, I am offending God sorely). If I don’t remember the exact number, I confess it approximately. Unless the confessor asks you about a certain sin, you did not intend to confess it. By this you will eventually confess the sin, but you will no longer say that you intended to hide it.

Badly confesses a person, **who does not want to correct the injustice**, even though it could be done. Unhappy are confessions of girls, women, youths, and men, who maintain sinful relationships and refuse to give them up. These people usually do not even feel guilty in the confession and hide their sins. Person who conceals sins, does not want to deceive the priest, but wants to deceive God Himself, even though it is impossible!

Outburst of anger I mark as impatience, obscene speech that offend others – I mark only as freer speech, abominable requests and deeds, as a little less polite confidentialities, great injustice as little injustice, excessive greed – just a little more tie to earthly goods... and that is where a lot of sacrileges come from.

### **Do I hide the circumstances of sin?**

I slandered, but I didn’t admit it came from my pride and envy, hatred, and anger. Also, I do not mention how much damage I caused to the reputation of the neighbor or whether I was telling lies. I did not mention what kind of person it was – whether I slandered a priest, another person consecrated to God, a family member... You say that you have spoken out against faith and morality, concealing

the fact you wanted to shake the faith of a young person, so for example that person would more easily succumb to your lust.

The girl says that she has shown off to please others, but she does not add that she intended to arouse in others bad thoughts, dirt, desires... The father says he got drunk, but he doesn't mention the [offence](#) that he caused the whole family.

Are you looking for a way to present yourself to a confessor in a better light? (tone of your voice, by muting the voice for certain sins, so that the confessor can barely hear them, first confession from of milder sins, and when you put the confessor's attention to sleep, you will confess quietly and quickly your mortal sins).

Am I wrapping my immoral life in a cloak of virtue?

Do I apologize, that others led me to the sin of impurity, I was provoked to anger by a neighbor, I omitted the Holy Mass because of some visit, I ate meat only once during Lent (others led me to it), I talk badly about my neighbors – but they give me the opportunity to do so by their behavior, I do not pray with children in the morning and evening because I do not have time? Man blames a woman, a wife blames her husband, brother blames his sister, sister her brother, a servant blames his master, a lord blames servants....

In confession, they condemn themselves claiming “my fault” and two minutes later they defend themselves and lay the blame on others.

Am I deaf to my remorse? Am I like deaf person when I should confess my sins?

### **I show no humility and repentance.**

When a priest recognizes the state of my soul and tells me to come to confession later, because he wants me to protect myself from sacrilege – I immediately moan that I don't have time for that later, I will not be better prepared, that I will go to another confessor who will give me absolution without any problems – such blind people are harming themselves, the confessor recognizes that they did not meet the conditions for a good confession, their confession of sins was half-hearted, without regret, he had to ask them thousands of questions.

What sins did you confessed to last year? And what do you confess now?

What sins will you confess next year if God still gives you life? Don't you think that it will be same again? If you confess just out of habit, you do not want to live a godlier life, to previous sins you add the sin of sacrilege and you are a toy in the hands of satan. If after confession you do not find on

yourself the slightest change for the better after confession, it follows that those earlier confessions were not valid, they were a sacrilege and if you do not really improve, perdition is waiting for you.

The evil spirit has already caught many souls in this trap of sacrilegious confessions because the act of sacrilege confession shows the blindness and hardness of the heart, which do not leave a person often until death.

**Addictive sin** – the accumulation of sins increases human blindness. Bad habits blind the mind, hardens the heart, and thus makes a person defiant until death. Such a person will hardly be saved. We see as a sinner is walking from sin to sin, does not even give a thought to betterment. Bad habit does not allow sinners to see the evil they commit. And so, they live, as if they do not even believe that there is a God, heaven, hell, eternity. Instead of mourning for their sins, they enjoy them, laughing, and even brag about them! What does all these signs of diabolical stubbornness mean? Saint Thomas of Villanova says that these are the signs of damnation. St. Jerome says that addictive sinners lose any sense of shame at committing a sin.

**You think that one day you will come to terms with God.** Well, remember that you may not have time for this settlement, death may surprise you suddenly while you are buried in sacrileges. This is usually followed by hardness of the heart and despair at the hour of death. Quickly correct previous confessions with sincere and complete confession. If you do not, God will declare them once in front of the whole world. But if you confess them yourself, they will fall into eternal oblivion, you will find in the Sacrament of Reconciliation forgiveness of sins, peace of the soul, and at the hour of death eternal life. Every sin, especially the mortal, causes the loss of God's grace and allows the devil to operate in our life. Then the devil attacks not only the person who committed the sin, but also the closest people. For example, when one of the parents is committing a mortal sin, children become ill frequently. Someone can dispute: „If I commit this sin, why do I have to be damned?“ Perhaps still I will be saved.” I answer: „And maybe you will be damned!“ Would you jump into the well, saying: „Perhaps I will escape death.“ You would not! How the hope on your eternal salvation can be based on such faint hope or someone, or maybe? God's commandments are not cruel restrictions, but the guidelines, that should guard us against misfortune.

**We do not know, what sin will be last.**

God determines the number of days for each person, health and talent He wants to endow him with. And He also determines for each person the number of sins he wants to forgive him. Saint Augustine says: „It is appropriate to assume that God's patience tolerates the sinner to a certain time. When this time is over, there will be no mercy on him.“ Eusebius of Caesarea says the same: “God waits to the limit. Then he will leave us.” And as well the other fathers say the same, not unreasonably. The basis of their conviction was Holy Scripture.

„When your sin had been forgiven, do not stop being afraid and do not accumulate sins to sin.”(Sir 5,5)

“For in the case of the other nations the Lord waits patiently to punish them until they have reached the full measure of their sins” (2 Mach 6:14). So, God is waiting until the day on which the measure of sins is completed. And then he starts punishing. Many examples can be found in Holy Scriptures. This is mainly Saul’s punishment. God left Saul when he disobeyed him the last time.

There are people who are looking for the number of stars, looking for the number of angels, or trying to find out the number of years that remain for a person, but who could begin to look for the number of sins that God wants to forgive to people? That is why we need to worry. “Who knows, my brother, at which thought God will not forgive you anymore the sin you commit?” (St. Alphonse M. De’Liguori).

God’s mercy is infinite, but despite that how many will not save their souls from perdition? **God saves the one who shows good will. He forgives sins but does not forgive the will to sin.** You may object: But I’m young. But God does not count years, he counts sins. The tax of sins is not the same for everyone, God forgives a hundred sins to one, a thousand to another, and He sends another to hell for the first sin. How many ended like that? St. Gregor told that a five-year-old boy was sent to hell when he cursed. Our Lady revealed to God’s handmaid Benedict of Florence, that a twelve-year-old girl had been convicted after committing her first sin. Another eight-year-old boy died after his first sin and his soul was damned. Perhaps someone would like to ask why God forgives one three sins and the fourth does not. On such a question it is necessary to respect God’s judgment and to confess together with the apostle: “What the depth of the riches and wisdom and knowledge of God! How incomprehensible are His judgments, and unfathomable His ways! ”(Rom 11:33). St. Augustine explains: “He knows whom to save and whom not. Who receives mercy, receives it for free, who does not get it, is not getting it fairly.”

Do you think that if God has not punished you yet, will it be so forever? When the measure of your sins is fulfilled, the time comes for punishment. “After all, the Supreme is in no hurry with retribution.” (Sir 5: 4). It may be that you pay for everything with one sin. The greater was His mercy, the greater will be your punishment. The greater the light God has given you, the greater will be your blindness and confirmation in sin.

If you sin now, maybe God will give you time to regret it, and maybe not. And if he doesn’t give it to you, what will be with you for all eternity?

**How should I correct this evil?**

Repeat your confession, starting with the one that could have been sacrilege, say how many could be such confessions and unworthy Communion, say which sin you hidden and whether you tried to correct the other sins. Dear Christian, your good Lord wants to save you, so he constantly warns you: My child, do not sin anymore, but ask for forgiveness of committed sins.

People also confessing badly because they do not list the circumstances that change the nature of sin – they wrap up the sins. E.g.: I got drunk, slandered, sinned against chastity, got angry and got revenge. It really matters – How many times has it been? Was it a sin in the church or in the presence of children, colleagues? Were there more people while doing so, and the reputation of a neighbor suffered by this slandering? Was the idea against purity also associated with intention to do the act? Have you sinned out of ignorance or, after thinking or in anger? Did you commit one sin after another, and you thought that confession would come out the same way, whether you confess from a small or large number of sins?

### **GOOD CONFESSION**

Confession has a divine origin. It was ordained by Jesus Christ — he told the apostles and their successors: „Receive the Holy Spirit! If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.” (Jn 20: 22-23) „whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven”. (Mt 18:18)

Christ commanded the confession of all sins otherwise you risk losing salvation. No one is exempt from this obligation, beginning with Pope and ending with the last servant. We must hate sin with all our heart and regret that we have offended good God, despised grace, neglected the voice of conscience that we have remained in a state of sin for a long time. One who has real regret, is trying to reconcile with God and correct wrongdoings as soon as possible (is not waiting for Easter or Christmas confession but is going as soon as possible).

Confession should be – humble, simple, wise, complete, honest.

Examine your conscience thoroughly. Pray to Holy Spirit and surrender to the Virgin Mary. Pray for the grace of a good confession. Don't search for a pleasant confessor intentionally – which won't ask me much, I will join the queue where the confession goes the fastest, etc.

We should blame ourselves – do not wait for questions from the confessor. Never respond arrogantly to the confessor, do not become a hardened sinner. If the priest gives a repentance that seems more difficult to you or even refuses to grant absolution, do not murmur, but accept it with a humble spirit – the judgment of repentance is the judgment of Jesus Christ himself, in which He Himself listens to our blame, He Himself gives us questions and proclaims declaration of forgiveness. If you do not know

how to perform the given repentance, do not be ashamed to ask the confessor to change the repentance (for example, I cannot read and as a repentance I should read from Holy Scriptures, I do not know a prayer and I do not know how to pray it).

Never blame others, do not talk about the sins of others. Don't defend yourself, don't justify your actions – blame yourself! Let us introduce ourselves to the confessor in the true light. Let's avoid unnecessary words, repeating the same 100 times in a row. When something is doubtful, let's introduce it as doubtful – if you say you haven't dealt with bad thoughts, but you are not sure if you not found delight in such thoughts – it's already evidence of a lack of sincerity.

If it is difficult for you to confess a certain sin, shame will discourage you, ask for the help of the confessor – “Father, please help me, because I am guilty of a sin but I do not have the courage to confess it.” Confession shall be complete, it is necessary to confess all sins, their type, number and circumstances associated with them. Improperly confesses one who says: “I missed Holy Mass, I stole, I cursed, I was proud, I spoke dirty words, etc. That is not enough. It is necessary to say how many times this has happened, to mention factors that affect the severity and type of sin. Whoever has committed the sin of impurity with another person must mention whether the person was married, is one of relatives, in what relationship I am with that person... Some circumstances make the sin more serious – if we commit it in the presence of other people, children, we will cause outrage. Visiting pubs and getting drunk on Sunday is a more serious sin than when it is done on a weekday, because Sundays and holidays are destined to serve God. Entertainment and dancing are always a serious sin. In the case of longer-term sins, it is necessary to mention how long does a dependence lasts.

The Lord God forgives accidentally forgotten sins, but they must be confessed in the next confession, when we remembered them.

We need to confess all sins, even light sins, because a light sin in our eyes can be a mortal sin in God's eyes. It encourages us to pay more attention, the lesson of the confessor can move us to remedy, and absolution gives us the strength to avoid this sin in the future. If you find out that you have confessed wrongly, do not waste time and correct this evil as soon as possible.

The soul in God's grace is so beautiful in God's eyes that God Himself praises it. It seems that the Lord cannot turn His eyes and ears away from the soul that loves Him, no matter what the soul asks for. And what infinite merits can the soul, which is in God's grace, gain!

## SACRILEGE COMMUNION

– I approach the sacraments in a state of a mortal sin.

I approach the sacraments with the consciousness of sin (I did not perform imposed repentance, I did not perform the Sacrament of Penance well – I did not confess all sins, I neglected to prepare for the Sacrament of Penance, I make a mockery of the sacraments, I spread delusions and heresies).

After the sacrilege confession I consciously remain in sin – I wear a red string, I use contraception, I live in a free union without marriage, I have not repaired damages caused – on property – theft, retention of inheritance, disinheritance, unjustly acquired inheritance, unfairly acquired property, things (without the conscious consent of another, abuse good will of another, naivety, trust, extortion, imposing conditions), robbing the employer, doing fraud, doing business dishonestly.

I did not participate in the whole Holy Mass.

I went to Holy Communion only because also others went.

If someone receives the Holy Communion in such a state, is receiving it for own condemnation.

### **DID I DISRESPECT GOD?**

**Did I tempt God?** – By word or deed, did I test his goodness and omnipotence?

**Sacrilege** – sacrilege reception of the Holy Communion, I have desecrated the sacraments, liturgical acts, persons consecrated to God, objects, places, or didn't I treat them with dignity?

**Simony** – did I buy or sell spiritual realities, graces, sacramentalities, ranks, and holiness? Did I sell sacred things for money? It is not permissible to appropriate the spiritual goods and behave toward them as the owner or master, because their source is God. They can only be received as a gift from Him.

**Atheism** – I refuse or deny the existence of God, a common form of atheism is practical materialism.

**Did I fall into despair, distrust in God's love and mercy?**

Despondency, distrust in God, I doubt that God has forgiven my sins, that He longs for my salvation. Questioning of the Holy Scriptures, ecclesiastical authorities – Pope, priests, the Church itself.

### **DO I ABUSE GOD'S MERCY?**

God's mercy is infinite, but its manifestations have limits. God is merciful but also righteous. „**I am righteous and merciful but sinners consider me only merciful.**” said the Lord to St. Brigitte.

Mercy is a promise to a repentant who fears God, not to one who abuses it. In other words, God patiently bears the sinner, but not to infinity. God damns those who sin with hope of forgiveness. The hope of a sinner who repented is pleasing to God, but the hope of the hardened one is disgusting to Him: „For them the refuge has vanished.”(Job 11,20) **God does not give grace to infinity.**

Sinners enjoy themselves in certainty, as if God had certainly promised them forgiveness and heaven in the hour of death. They want to sin without losing hope of salvation. It is true that no matter when the sinner is converted, God has promised him forgiveness, but He has not said that conversion will be possible on a deathbed. On the contrary, he objected: „You will die in your sins” (Jn 8: 21-24).

He said that whoever sought him at the time of death would not find him: „You will seek me, and you will not find me ”(Jn 7:34). God desires to save all but punishes those who are clenched. We do not know all the graces which the Lord bestows on us, but the Lord knows them and has them measured, and when he sees that man despises them, he will leave the sinner in his sin and thus leave him to die. Poor one who repents at the hour of death.

„The patient’s regret is sick.” says St. Augustine.

It is wisely said that the prayers, lamentations, and vows of a dying sinner are the same as the lamentation and promises of a person to whom the enemy raided and puts dagger on the person’s throat. For insincerity will not find forgiveness. St. Bernard says that a heart that has stubbornly adhered to evil in life will strive to get out of the state of damnation but will not be able to rescue itself. Life ends up burdened with its evil. For until now it loved sin, also loved with it the danger of damnation. Therefore, the Lord will fairly allow it to perish in the danger in which it wanted to live until death. **St. Hieronymus says that out of one hundred thousand sinners who lived up to death in sin, only one is saved at the time of death.**

God will let the sinner live with impunity, but the fact that He is not punishing, is sinner’s greatest punishment. He will leave the sinner in the hands of own sin. And He doesn’t seem angry with the sinner! And will let him do whatever he desires in this world. Miserable sinners who thrive in this life! It is a sign that God is waiting to make them sacrifices of His righteousness in eternity. There is no greater punishment than when God allows a sinner to accumulate sin on sin. It would be better for such an unfortunate man if the Lord let him die before committing the first sin. For when he dies after the sin, so many hells await him, how many sins he has committed. (St. Alphonse Maria De’Liguori)

You may say that many people live in sin for a long time, and finally they converted. Be wary, my friend, so that you are not miscalculated! Many people did regret, but not everyone converted. Saul was also damned, despite his regret (1 Sam. 15: 24-30). Judas also repented, gave money back... and hanged himself (Matt. 27: 3).



Person who believes that can despise God's laws during life and still will finally receive reward and the eternal glory, mocks God, but "God cannot be mocked!" What you sow in this life, you will reap in the eternal life.

Dear Christian, what is said to others also applies to you. Make every effort to reach the state of grace again before death comes, for then you will no longer have time to make amends. The longer one stays in sin, the harder it is to turn.

When you are sick, you make the commitment to change when God restores your health. You will heal, but you are not reformed. You often even act worse than before. You omit confessions, Holy Masses. Remember that the second disease will come, you will die without repentance and go to hell. When the measure of sin overflows, God's punishment irrevocably begins.

#### **Am I continuing to sin?**

I dare to rely on God, that He will forgive me, that I will be saved – while not changing my life so far and not working to eliminate my shortcomings, if someone warns me, I am angry, I do not accept it, I am offended, instead of thinking about that.

I do not examine thoroughly my conscience before the Sacrament of Penance – I omitted my sin (consciously, out of fear, out of shame or someone else has told me that it is not a sin – I was deceived because it suited me, from my own conviction).

Do I delay the Sacrament of Penance for later – just confess before my death, in old age, I will change and start working on myself when I reach a certain age – now I want to enjoy myself, I don't want to give up anything, I still have enough time, so does that suit me?

Do I impudently trust that God has a duty to save me, even without my doing (I rely on God's mercy, but I forget God's justice) – I hope to receive God's forgiveness without conversion and eternal glory without merits?

Do I impudently count on that I cannot be damned; I was baptized and I believe in God (but I do not live and do according to His commandments – even the devil believes in God and how much!)?

Do I overestimate my abilities – I hope I can save myself without help from heaven. Do I see and correctly perceive my life in the perspective of faith and eternity? Am I aware that no sin will go unpunished? Everyone will once stand in front of the Lord!

### **Do I sin against God's love?**

Indifference, denial of His power, ingratitude, underwhelming, spiritual laziness – disgust, resistance to God's good.

Hate – comes from pride, I deny the goodness of God, I dare to curse him as the one who forbids sins and imposes punishments, by declarations – if God existed, it wouldn't happen, where God was then, why he let this be, etc.

I patiently endure the shortcomings and adversities of life; despite all do I trust God in everything?

Am I neglecting to do good? Am I aware that I will be judged by what I have done, but also by what I should have done, and have not done so?

Do I value myself to an objective extent – without beautification, Pharisaic modesty, pride? Am I deceiving myself for benefits or satisfaction of conscience?

### **Do I study religious literature? Am I striving to know God?**

Do I study Holy Scripture, Catechism of the Catholic Church, church presses, Encyclicals?

Am I ashamed of my beliefs?

**Parent** – do I fulfill my duty to talk to children about God, his love, lead them to Him, explain religion to them, teach them, and give examples from the lives of saints? – Or do I count on that the child will be taught by someone else (in religion class, in church, grandparents...)? Do I provide them with appropriate religious literature (children's Bible, children's prayer book...)?

## 2. YOU SHALL NOT TAKE THE NAME OF THE LORD IN VAIN!

Did I pronounce God's name recklessly, without need, respect, anger, nervousness, indecent jokes, in connection with obscene expressions, with curses, unnecessarily, just for my relief?

- A curse where the God's name is inserted without the intention of blasphemy (for God's sake, Chris sake ...)
- Do I blaspheme by misuse of words to offend God?
- Do I swear falsely – do I call God to testify a lie? (I swear and deceive at the same time, under oath I make a promise with the intention of not keeping it, if I do not keep what I promised under oath – a serious offense).
- Did I undertake to do an evil deed under oath? (E.g., revenge).
- Am I not swearing in ordinary things?  
An oath can only be taken for a serious and reasonable reason (e.g., in the court) – and only on the basis of truth, prudence and justice. If the oath is demanded by illegal civil authorities, it can be denied. It must be rejected if it is required for purposes against the dignity of the human person or of the community of the Church.
- Do I curse, or do I utter the name of the Virgin Mary and the saints with obscene expressions?
- Am I not sinning by using God's name to intimidate others?
- Did I make jokes about sacred or religious acts, paintings, statues, crosses, Holy Scripture?
- Did I destroy or damage in anger or out of indifference religious things (tore the Scriptures, smashed the statue, threw the cross, the rosary, destroyed the rosary, and struck the statue, a holy image)?

**Blasphemy** – is a mortal sin

- Do I speak against God internally (with thoughts) or outwardly – with words of hatred, reproach, provocation, ridicule, am I saying wrong about God, untruthfully?
- Am I abusing His name? Do I lack respect in the speech to Him?
- The prohibition of blasphemy also applies to words against the Church of Christ, holy, sacred things.
- Did I curse at the Church? Did I curse priests, religious, consecrated persons to God? (I slandered them, pointed them, criticized them, and ridiculed them for celibacy...).
- Using God's name in magic.

**The Christian name** – the sacrament of baptism is given “in the name of the Father and of the Son and of the Holy Spirit” – parents, godparents, a priest – should be careful not to give a name that is foreign to Christian thinking.

### **3. OBSERVE THE SABBATH DAY TO KEEP IT HOLY**

The celebration of Sunday preserves the moral precepts naturally inscribed in the human heart, which commands the external worship of God as a sign of a common boon that concerns all. The Sunday celebration of the Lord’s Day and the Lord’s Eucharist is the center of the Church’s life.

Those **who knowingly and voluntarily do not fulfill this duty are committing a mortal sin!** Parents are to evangelize their children and involve them in the life of the Church from the earliest childhood.

- Is the Sunday of the Lord for me a day of meeting God?
- Am I striving to devote more time to faith, religion, and prayer?
- Do I desecrate Sundays and commanded holidays with shopping, entertainment, work that I can do on another day of the week?
- Am I disturbing the feast day for the others? (Noisy work, loud music). Do I arouse indignation to other people?
- I seriously sin if I do not participate in the Holy Mass without serious reason, or I arrive late (Holy Mass on the eve of the commanded holiday or Sunday, is valid).
- I also seriously sin if I am sleeping during the Holy Mass or standing outside the church and not watching the course of the Holy Mass.
- I will commit ordinary sins if I come late (before the Gospel), if I am distracted during the Holy Mass; I think about other things, while watching the Mass.
- Holy Mass on TV or radio does not replace participation in the celebration of the Holy Mass in the church. It is intended for people who, for objective reasons, cannot personally participate in the celebration of the Holy Mass (e.g., bedridden, ill). They should be properly involved in the course of the Holy Mass (pray, kneel, if possible, answer the priest, spiritual communion). Do not talk, comment, eat or drink, etc.
- Do I force co-workers, employees, my own children, to work on a feast day? (Except when necessary – e.g., performing a medical service, work requiring continuous operation).
- Do I remember to visit the sick, the elderly, the relatives, the lonely, people marked by some misfortune?

## **SINS AGAINST NEIGHBOR – YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF!**

Don't think about what someone has to do for you, but what you have to do for another. Forgive everyone and everything. Do not keep anger in your heart. Always be the first to give your hand to reconciliation.

### **4. HONOR YOUR FATHER AND MOTHER, SO THAT YOUR DAYS MAY BE LONG IN THE LAND THAT THE LORD YOUR GOD IS GIVING YOU.**

God has given us His visible representatives and commands us to honor and obey them as Himself. These are parents, priests, teachers, educators, employers and representatives of public and state power. Tolerate each other in love.

- Obedience to our parents binds us in a time of adolescence. Respect and love for them until death. But if our parents prevent us from living a more intense religious life, we can deny them obedience in this area – true, always respectfully. If they lead me to sin, I should not obey.
- If the child is convinced in his conscience that it is wrong to obey the order, should not follow the order.
- Respect for parents contributes to the harmony of the whole family life, it also applies to relationships between siblings.
- Am I not pitting a parent against a sister (brother), have I manipulated my parent, robbed my sibling of inheritance? (Unjustly acquired inheritance – obligation to rectify).
- Parent – did I disinherit some of my children? (Committed injustice also on his grandchildren). Did I unfairly divide the inheritance among my children? (To one more, the other less). Did I express consent to such proceedings? (Also, by silence).
- If I start a family, parents do not have the right to intervene in this family (unless I interfere in their rights in common housing). But they can help me.
- I am obliged to kindly warn them against committing sin. Parents also have a duty to warn and reprimand their children for their sin, even if the children are already adults (and not to support them in sin, or to justify their sin, close eyes in front of it).
- When I present my freedom, it should never be without love and respect for them. Do I demand from my parents? Am I abusing them (with babysitting, cooking, cleaning...)?
- Do I express words of thanks to them? Do I keep in touch with them?
- Am I not insulting them, intimidating them, and not forcing them to boost my benefits (rewriting property, threats not to visit them or help them if they do not agree with it)?
- Did I raise my hand to my parent? Am I not kicking him/her out of the house?
- Am I not communicating with them? Do I despise their advice?

- Am I not tormenting them? (By way of life, bad friendship, going out at nights, drugs, drinking, I live unmarried).
- Am I ashamed of them because of origin, lower education, social status, employment, poorer conditions, health handicap?
- Am I helping them? (Work, care of the sick, material security).
- Did I put a parent in a retirement home? Is he/she my burden?
- Do I provide them – pastoral care, the Sacraments, I call the priest – to receive the Confession, the Eucharist, Anointing of the Sick (anointing with oil)?
- Do I care of my parents' graves?
- Do I obey and honor my superiors? Those who exercise power, they must do it as a service.
- Do I undermine their authority by judging, grumbling, criticizing, ridiculing, etc.?
- Do I pray for my parents, siblings and superiors?

## **Family**

The marriage and family are focused on the well-being of the spouses and on the procreation and upbringing of children. The family should live in such a way that its members learn to take care of young and old, sick, physically or mentally handicapped people, the poor, to take hold of them. A parent must be interested in the lives of children throughout whole life, and if sees that they are living in sin, has a duty to rebuke them.

Parents should look at their children as children of God, bringing them up to respect God's law. The child is not my property – it is a gift from God, it belongs to God. They should teach children and keep in mind that the primary mission of a Christian is to follow Jesus Christ – to be an example for them. Love your children and remember that your primary job is to show them the way to God and heaven.

- Do I contribute in the family with my love and patience to the good and joy of others?
- Am I respectful to my wife (husband)? Am I discussing serious decisions with her?
- Am I cultivating her interests, desires, health status? Do I show tenderness, courtesy, recognition, do I appreciate her contribution to marriage, childcare?
- Do I not make fun of my husband (wife), do I not have disrespectful allusions (egg to the character, education, employment)?
- Do I try to resolve conflicts (or a marital crisis)? Am I not just blaming the other side? Am I trying to come to a compromise, an understanding, an agreement?
- Am I jealous? Suspicious? Do I make a scene to her (him)?

- Am I striving for marital cohabitation to be a positive donation even in the intimate side also from the other side? Am I not unreasonably denying my wife's rights? Am I not forcing her to use contraception?
- Am I tolerant of the mistakes and weaknesses of my husband (wife)? Can I forgive and not remind forgotten old mistakes?
- Do I involve children into conflicts? Am I sending them against my husband (wife), do I use them as a tool to blackmail, do I threaten my husband (wife) to limit contact with them?
- Did I unjustifiably take away children from my wife (husband)? (Kidnapped, they were not threatened by neglecting of care from mother/father) – out of revenge, hatred, and self-love so that I could blackmail her (him)...
- Am I able to accept criticism, look at myself through eyes of another person? Can I ask for forgiveness for my own fault? Do I fix wrongdoings?
- Did I leave my wife (husband) in need, illness, misfortune...?
- Do I take care of my child – left him because of irresponsibility, indifference, feeling of dislike, is a burden, because of laziness, of calculation (I use relatives, grandparents, babysitter – if it is necessary...), I placed my baby in a foster home.
- I have started a new family (my partner from previous marriage does not want a child) – did I prefer partner than maternal (paternal) love – I rejected God's gift (gift of a child, gift of motherhood, fatherhood, committing adultery).
- Am I avoiding fulfilling my obligations at home and in education? Do I spend enough time with my family? Do I neglect them for work, friends, and hobbies?
- Am I wasting common property?
- Do I treat my wife / children badly – physically, mentally, morally, do I assign tasks that they cannot fulfill, Do I make long rebuke, criticisms, Do I close myself to them, do I fall into egoism?
- Did I hit my wife (husband?) Did the children see it? Did I hit my pregnant wife?
- Do I use in care for children disproportionate punishment, violence, abuse, denial of food?
- Do I live my fatherhood / motherhood responsibly?
- Do I teach children to avoid danger and immorality?

**Teaching children to purity** – the parent is responsible for ensuring that the child develops healthy attitudes towards sexuality. At home we have to create an atmosphere of purity, without pornography, contraception and abortion, an atmosphere of love, care and openness to fertility. As a result of improper upbringing – it leads child to spiritual death, to neglecting of the sacramental life, diving into the mud, which destroys in them everything that God has put into them and what he has gifted them.

- Did I touch intentionally child's intimate body parts? For fun? Did I make fun of it? (Especially for boys, e.g., when bathing). Was I showing child to other people? (e.g., photos while bathing, changing diapers – to entertain others...).
- As far as possible, parents are obliged to choose the schools that will best help them in their role as Christian educators (leisure activities, hobby activities).
- Unsuitable activities – all that lead to sin (envy, pride, immorality, mischief...), threaten morality (dance – unclean thoughts, touches, glances, music, revealing clothing – such as dance clothes, short skirts), cause neglecting of basic Christian duties (Sunday participation in Holy Mass, dances and entertainment during Lent – trainings...), they lead to idolatry, worship and worship of other “deities” (martial arts, yoga...).
- Do I create an atmosphere of love, acceptance and well-being for children?
- Am I strengthening my authority by setting a good example?
- Do I expose the child to my own destiny, to the influence of coincidental friends?
- Do I pay attention to the regular intellectual and moral development of the child?
- Do I abuse my superiority of age and strength?
- Do I help the child to correct his mistakes and bad nature and to develop good character?
- Do I admonish, but I also praise fairly?
- Am I releasing my tension, anger, nervousness, irony, fatigue on the child?
- Am I teaching the child to forgive? Am I good example in this? Or do I tell to fight back, to take revenge...?
- Am I teaching the child for responsibility appropriate to the age?
- Did I, with too much care, make the child incapable of independence?
- Am I not raising an egoist, a vain, a lazy person, a liar? Am I shaping child's will and character?
- Did I buy unsuitable toys, books, video games for my child (grandchild), do I let the child to watch inappropriate fairy tales? (Contrary to God's truth, ugly characters, inciting violence, evil, aggression, unrest, fear, death, impurity, magic, vanity, in the form of devils, witches, monsters, vampires – also sweets and toys collections in the form of devils, etc.; many toys depict occult symbols, closely associated with the demonic cult).
- Do I devote myself enough for raising and caring for the child, oversee homework – or do I leave everything to my wife (husband)?
- Am I breaking up marriage and family of my child with my egoistic attitudes? Am I cause of quarrels in his/her family, do I encourage the quarrels? Am I poisoning my son's mind against my daughter-in-law (daughter against a son-in-law)?
- Am I interfering in an inappropriate and disproportionate way into the care of grandchildren? (But I have a duty to rebuke sin).



- Am I making a child (grandchild) a “god”, an idol?
- So whatever you wish that men would do to you, do so to them... (Matthew 7:12) Does it take place in my life?
- Do I respect the right of others to personal freedom and dignity?
- Do I promise rewards or threaten with punishment to change attitudes?
- Am I not restricting the right to freedom of conscience, religion, change of life, true information?
- Am I truthfully informing about the state of health, impending death? Am I misleading my neighbor? (With excuse that I don't want to frighten him, to avoid stress, he/she wouldn't bear the truth, out of indifference...) Do I manifest my mercy by truthfully informing him of the seriousness of the condition? – thus he is given the opportunity to organize his life, to correct the mistakes he has made, to receive the sacraments and to prepare as best as possible to stand in front of the Lord. Am I leaving him/her in delusion? (This is not an act of love).
- Do I make sure that people seriously ill, the elderly, the dying – are reconciled with God?
- Am I exalting myself? (Due to origin, education, job title, intelligence, knowledge, talent, race, color, nationality, reputation...).
- Was I proud?
- Am I thinking what I could do for people that I know they don't believe in God, so they can return to Him?
- Am I not demanding more from others than from myself?
- Am I a person that is responsible, honest, conscientious, positive, and accurate; can others rely on me?
- Do I count on others? Their needs, jobs, views, peculiarities, health status, life situation?
- Am I good-natured, I help people as much as possible, I like to share advice, experiences, and I please the afflicted?
- Do I envy, am I jealous, unwilling?
- Am I wronging someone knowingly or recklessly? Do I stand to defend a person who has been wronged?
- Am I seducing others to sin? (By advice, speech, jokes, gossip, ridicule, arousing outrage, slander, finger-pointing, silence – expressing tacit consent...).
- Am I grateful for the provided good? Do I take it for granted, or as paid debt?
- Do I argue? Am I inciting hatred/tensions? Do I not intrigue?
- Am I fulfilling my civic duties? Am I avoiding paying tax?
- Does my behavior hurt others or offend them?

- Do I try to empathize with the situation of the weaker, the elderly, the lonely, the suffering, the handicapped, the orphaned, the poor, the dying – do I disparage them? Am I proving them a real help, interest, indulge them, giving courage?
- Do I like to share?
- Do I listen to others? Do I help in an emergency?
- Do I perform my duties consistently? (At work, at home, duties of one's profession/status).
- Am I wasting time? (with TV, entertainment, empty talks, hanging out at night...).
- Do I waste my talents, my skills – do I use them correctly? (Everything is to serve to glorify God, not to show off to people, my own glory, and pride, doing evil, and committing sin) – am I grateful to God for them? (Or I take credit for myself, I say to myself that I achieved something by my own efforts).
- Am I calculating, fake, biased? Am I flattering others? Am I insincere?
- Am I overcoming my egoism?

## 5. YOU SHALL NOT KILL

The direct killing of an innocent person, whether born or unborn, is prohibited. We are obliged to protect life, but also human health (our own and other people's, physical and mental health).

- Am I shortening someone's life by grief, mistreatment?
- As for the harm to the soul – we commit the same sin as we counseled to another.
- Anger – if this go to a conscious and voluntary desire to kill a neighbor or to hurt him severely – it is a mortal sin.
- Hate – a mortal sin, also if I wish a damage to my neighbor.
- Did I leave a sick without care?
- Am I not offending others by inappropriate dressing, speech, swearing?
- Did I threaten my spouse with divorce?

Do I endanger my life and health – with alcohol, drugs, smoking, self-harming (plastic surgery, tattoos, piercings, solarium, bodily injury, steroids, and hormones)?

**Tattoos, piercings – „You shall not make any cuttings in your flesh on account of the dead or tattoo any marks upon you: I am the Lord!” (Lev 19:28).**

It is one of the pagan practices, damaging one's own body. Tattoos characterize the attitude of a person who claims the right to do whatever he wants and does not worship his Savior. It is a symbol of contempt for the holiness of the human body! We disfigure our body, which God created with great

love, and which Jesus Christ redeemed with his blood and sanctified the human body with His incarnation.

„Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and that temple you are.” (1 Corinthians 3: 16-17).

**Plastic surgery** – in most cases, they are the way out of emotional emptiness and the desire to be attractive. When vanity and emptiness motivate a person to do such thing, it can become that person's idol. Change the human body is something unnatural. I express my attitude to God – I am not satisfied with how you created me! I make myself wiser than God. I question the work of His hands! I do not accept God's will.

- I am exactly what God wanted me to be?
- Lack of care – gluttony, diets, doubtful excipients, lack of exercise or, conversely, overloading the body, neglect of hygiene, exaggeration at work, insufficient nutrition, insufficient clothing...
- Risky driving of motor vehicles – I endanger the health and lives of others, driving under the influence of alcohol, drugs.
- By performing risky sports. Did I do something dangerous out of stupidity? (Acrobatic stunts, jumped from a height, jumped off the train, risky jumped into river/lake...).
- Do I carry feelings of hatred, anger or revenge in my heart? Do I let them grow within myself?
- Did I take revenge, made a retribution? Did I say hateful words out loud?
- Did I forgive my neighbor? Regardless of whether neighbor apologized to me or not – I should always and under any circumstances forgive my neighbor. Remember: **„Without mercy, no one reaches God's Mercy” (Jesus)**.
- If someone asks me for forgiveness, apologize – I am obliged to accept the apology, not to have negative feelings in myself, not to return to that matter again.
- Did I destroy someone's reputation, honor, by slandering and defamation? Did I rectify this damage? Did I revoke what I said?
- Am I provoking others? Do I participate in violence, cruelty, terrorism (I support such organizations, I contribute financially – to the purchase of weapons, to propagation), do I wheedle others to such manifestations?
- Racist expressions – did I exalted myself above others in terms of race, racial attacks, ridicule, despised people of other races (nationality, skin color, gender – belittling women / men, feminism), engaged in jokes and stupid speeches, expressed offensively (nigger...), had prejudices?

- Did I do terrorism, kidnappings, hostage-taking, torture? – are spreading terror, put unacceptable pressure on victims.
- Did I intentionally want amputations, mutilation, sterilization? (Unless, it is a life-saving medical indication).
- Did I intimidate someone physically or morally? Did I threaten? Did I send a dog or another animal against someone? Did I incite others to attack?
- Did I kill another person? State the circumstances – abortion, out of revenge, in self-defense, by defending others from the attacker, in frenzy, out of hatred, out of fear, car accident, war...
- Did I refuse to help a person who was in danger?
- Whoever defends his life is not guilty of murder, although he is forced to inflict a fatal blow on the attacker. But if someone uses more violence than necessary to defend own life, is guilty.
- Direct and deliberate murder – the murderer, even those who cooperate in a murder, commit a sin that cries for vengeance to heaven. A particularly serious crime is committed in the case of the murder of a newborn, parent, fratricide, murder of a child, wife (husband).
- Merchants, who, through their predatory and usury business practices, cause hunger and death for their neighbors, indirectly commit the murder for which they are responsible.
- In case of war – not everything is allowed, blind obedience does not justify. It is necessary to respect non-combatants, wounded, captives.
- Accumulation of weapons, arms races – do not ensure peace, do not eliminate the causes of war, but there is a risk that they will increase them even more.
- Did I kill animals recklessly or cruelly, did not torment them, did not torment them, treated them rudely (kicking, closing them into unsuitable spaces, tormenting with hunger, thirst)? Didn't I destroy nature, the plants? Did I not cause the devastation of natural values?

### **Euthanasia**

Whatever the reasons, and whatever means are used, it is killing the physically or mentally handicapped, the sick or the dying. It is morally unacceptable.

- Also, neglect or conduct that, in itself or on purpose, causes death to end pain – is also murder.
- The error of judgment into which you can slip in good faith, circumstances – it never changes the nature of this crime.

- Did I support euthanasia – by speech, silence, approval, support of political parties with such an electoral program?
- Did I euthanize or persuaded anyone to do this?

### **Suicide**

It contradicts the love of the living God. We are stewards, not owners of the life that God has entrusted to us. We cannot dispose of it freely.

- At the same time, it offends the love of neighbor – I leave my wife, dependent children, parents, I hurt others, I cause grief, financial, material and existential difficulties (I leave my wife with children, I leave debts) ...
- Did I attempt suicide directly? Was I thinking about it? Did I want to intimidate others in this way?
- Did I not bring someone in my word or deed to despair over their life? Did I force someone to commit suicide? Did I bully anyone?
- Did I intentionally collaborate on suicide?
- If it is committed with the intention of setting an example, especially for young people, it as well acquires seriousness of bringing temptation.
- Am I committing indirect suicide? (I smoke, drink, take drugs...) – I consciously damage my health. Do I endanger the health of others? (Smoking...). Did I introduce someone to these addictions? Am I supplying drugs, cigarettes...?

### **Respect for the dead**

- Did I pay attention to and take care of the dying and seriously ill, help them by prayers, ensure for them reception of the Sacraments.
- Inform truthfully about the state of health, if possible help the sick to prepare for the encounter with the living God (talk to him, encourage him to do good, help to correct the evil caused, the wrongdoing (if we know) – notify him if he is not aware of them or he does not want to admit them, to emphasize the importance of a proper Sacrament of Penance and a full confession of sins – there is a danger of sacrilegious confession, call a priest).
- Treat the bodies of the dead with love and respect in faith and the hope of resurrection.
- The Church allows cremation, unless it is an expression of intent to question the belief in the resurrection.

### **Research and experiments on human beings**

Even the possible consent of individuals who submit to them does not excuse such acts.

- It is unacceptable to cause mutilation which makes a person to be disabled, or causes the death of a human being, even if it is done in order to delay the death of others.

### **Abortion**

Direct abortion – this crime against human life is prosecuted by Church with canonical penalty of excommunication (not for lack of mercy, but to be aware of abomination of this crime). Only the pope, a local bishop, or priests to whom they have given a power of attorney (in case of danger of death, any priest) can grant absolution from him.

- Abortion and the murder of a newborn are abominable crimes. Formal (conscious and voluntary, not just material) cooperation in abortion is a mortal sin.
- Interruption – the child alive is torn to pieces of flesh, is poisoned and burned them with corrosives and saline solution.
- Did I participate in an abortion?
- If I am a doctor – indicate the approximate number of years you pursued this activity.
- Did I assisted in the abortion – as a nurse or staff? - indicate the approximate number of years you pursued this activity.
- Did I myself underwent an abortion?
- Did I help to make such a sin, by approval, fearful silence, recommendation, funding, forced my wife?
- Am I willing to help a single mother, her child, to show understanding, to stand up for their protection, if necessary?
- Am I gossiping and slandering single mothers? Am I making fun of their children? Am I calling them abusively?
- If I am the father of a child born to a single mother – do I not refuse help, care from the moment I learned of his conception?
- Did I bring a girl frivolously to the pregnancy?
- Did I fathered a child with the knowledge that I do not plan to marry his mother (I do not plan to marry the child's father)? – We are not planning a wedding, we have not decided yet, it will be seen in time, and today is a different time... As a parent, do I encourage my child in this? Do I admonish him?

### **Contraception, contraceptive attitude**

They are a manifestation of rebellion against God and his intention to call new people into the being. The goal is to destroy God's gift of fertility, while destroying one's own health.

The conjugal act, in which contraception is used, ceases to be a manifestation of complete self-giving in love, but is a manifestation of mutual egoism, an act against God's plan of love, and therefore **belongs to mortal sins**. There is no love where the opportunity to conceive is considered a threat and not a gift. With contraception, spouses manipulate and disparage sexuality and its own person, as well as the person of the spouse.

- Never believe the lies that you need contraception! It is a violent attempt to block the gift of fertility.
- It uses the illusion of "safe" sexual cohabitation (that is, one in which responsibility can be avoided), which encourages to immorality and adultery, opposing the nature of love and destroying it.
- Usage of means that prevent conception or causing abortion soon after conception.
- All means that can kill the conceived being – **is mortal sin**.

**Means to abortion** – hormonal pills, "day after" pills, intrauterine spiral – parents become murderers of their own children.

**Contraception = abortion effects, causing abortion, I commit murder no matter what age the child is being killed!**

**Hormonal contraception** – the contraceptive effect consists in excessive concentration of the mucus due to hormones, which is to prevent fertilization of the egg. In the case of fertilization of an egg, the conceived child is prevented from being nested in the uterus by deliberately creating conditions unsuitable for his survival by means of hormones. This prevents his further development, resulting in his death! As soon as he has been called to life, he dies.

- It is a pharmacological abortion, do-it-yourself abortion method.
- Its use leads to the same psychological problems as abortion.

**The contraceptive mentality** is the misfortune of many marriages – it destroys not only the fertility but also the health of a woman, it is always a mortal sin under any circumstances, husband and wife drive God out of their lives and plunge into the slavery of sin and evil forces.

- Only God is the giver of life and the source of love.

**Intrauterine body, spiral** – if fertilization has occurred (conception of the child), it prevents its settling in the uterus, which causes the death of a small person.

**Prevention of conception.**

**Sterilization.**

**Artificial insemination** – the crime of genocide.

The price of the birth of one living child is the death of 10 other children – his siblings. It is immoral to create human embryos for use as “biological material” that can be freely used.

- It is inextricably linked to the destruction of human life in its prenatal phase, deeply unethical.
- During the in vitro procedure, humans are selected several times at different stages of their embryonic and fetal life. The rest of the children die or are frozen – waiting to die slowly.
- For the potential parents – the belief that in order to achieve their goal, it is possible to agree to the killing of their children and expose them to health risks (approximately 75% of children from the test tube are disabled – this shows up in adolescence or late in life, it is damaging to the health of the mother too).
- Barely 4.2% of embryos (human beings) conceived using assisted reproduction methods are born alive.

**Parents** – did I convince our daughter to have an abortion? Did I force her, threaten her (to throw her out of the house, refusal of study)? Did I approve this decision (even by silence)?

- Did I persuade my daughter for contraception, did I let it prescribe to her?
- Did I recommended artificial insemination to someone, did I agree with this decision?
- Was I instructing children about the sin of preventing conception – or, on the contrary, encouraged them to commit these sins (taking pills, other means of preventing conception...), supported, and even praised (under the guise of assertion, how responsible are my children, how responsible parent am I... )?
- Did I approve of my children’s immoral life, premarital sex? (Consent, support, silence)? Did I allow them to live in the same household as unmarried people? (Often times with parents under one roof). Did I try to get rid of responsibility for them with excuses – they are adults, today is a different time, because they plan to get married later, because they are engaged, I am silent for fear that our relationships will break down – they will not be visiting me, I myself encouraged them to do it – because they have to get to know each other well before marriage, I gave them a room or a flat).



**Mother** – was I thinking about an abortion? (I'm young, single, I don't want another child, I don't want a girl / boy, I don't want twins, I don't want a handicapped child, under the guise of health reasons, I cannot afford a child, I was raped...).

- I wondered if I would give birth to a child or not – I reserved the right to decide on the life or death of my child – did I exalted myself above God, the creator of life? (I have proclaimed that a woman has the right to decide whether or not she wants a child...).
- Did I deny that a child is a full-fledged human being from the moment of conception and has the right to life? (I spread these delusions – until a certain week it is just a cluster of cells...).
- Did I undergo an examination during pregnancy to see if the baby was OK, healthy – with the intention that I would decide based on the result of the examination, according to gender, the doctor's recommendation? (USG, 3D USG, amniotic fluid collection...).
- Prenatal diagnosis is morally permissible if it respects the life and inviolability of the human embryo and fetus and is aimed at its individual protection or treatment. However, it is in serious violation of the moral law, if it foresees, depending on the results, the possibility to induce abortion. The diagnosis must not be equivalent to the death penalty.
- Did I want to find out the sex of the child? (3D USG, blood tests) – with the intention I don't want a girl / boy.
- Did I refuse to accept the sex of the child, God's will (I learn that I am expecting a boy / girl, but I long for another sex, I am saddened, unhappy, angry)?
- Did I undergo artificial insemination? Did I persuade anyone to do this act? Did I agree with that? (Also, by silence) Did I do this act myself? (Doctor, assisted by him – medical staff).
- Did I prevent the baby survive? (Intrauterine device, contraception).
- Did I neglect the health of my unborn child? – light-hearted approach (smoking, drinking, drugs, sunbathing, not sparing as the condition required or playing sports...), did I hazard with its life?
- Did I act intentionally so that a miscarriage occurred (persuaded someone to do it, the grandma's advice, herbs, done myself)?
- Did I love my unborn baby?
- Do I thank God for the gift of a child and for the gift of motherhood (fatherhood)?

## 6. YOU SHALL NOT COMMIT ADULTERY

God created man as man and woman, endowed them with the same personal dignity. The commandment applies to all human sexuality. Sexual pleasure is morally disordered if it is sought for itself (separately from the goals of procreation and union that are inherent in conjugal love).

Premarital or extramarital cohabitation (fornication, adultery), homosexual acts, petting, contraception, oral sex, pornography, masturbation – **those are mortal sins**. In humans, they destroy the bond of love with God and with other people and put them in a state of spiritual death and the bondage of evil forces. They destroy love, deepen selfishness, and make a person addicted to sexual experiences.

**„Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God.” (1 Cor 6: 9-10)**

**„For God did not call us to be impure, but to live a holy life. Therefore, anyone who rejects this instruction does not reject a human being, but God, the very God who gives you his Holy Spirit” (1 Thes 4, 3-8)**

- When you only look at a woman (a man) lustfully, you have already committed adultery with her (him) in your heart.
- Everything that leads to sexual experiences outside of marriage is a mortal sin. Even in marriage, not everything is allowed (it is necessary to maintain marital purity, avoid perversions – oral sex, anal sex, etc.) The so-called sex education = encouragement to immorality, to contraception.
- Lustful kisses, touches.
- The engaged should maintain purity in restraint.
- Did I think in an impure way? Did I speak against purity?
- Didn't I look at impure magazines, books, websites, and movies?
- Didn't I sing obscene, offensive, ambiguous, vulgar songs? (Rap, many folk songs...) Did I listen to such music? Did I ruthlessly force others to listen to? (Playing the radio aloud, sang aloud). Did I arouse outrage? Did I spoil the morale of children and youth?
- Was I not doing impure deeds with myself (masturbation) or with others? If yes, with whom it was (man, woman, single, married...)
- Do I express my love even though I am striving only for an occasional flirt or episode?
- Do I give reckless statements made in the frenzy?
- Am I dressing provocatively and indecently? I am a child of God; my body is the temple of the Holy Spirit. In this way I bring myself and others into the sin of impurity, I arouse outrage, I cause suffering to loved ones – parents, my own children, husband, I show

disrespect towards others – (I am causing impure thoughts, desires, speech, my own desire for admiration, short skirts, necklines, transparent clothes). Am I offending and corrupting the morale of youth and children? (I dress this way also at their presence, I give them a bad example) Am I accepting and spreading improper fashion? Which is not about how to dress women elegantly, but how to undress them.

- Am I involved in demoralization? Am I vulgar? Am I improperly dressed, exposed, bare navel, short skirt, necklines, bikini, and inappropriate swimsuit? Don't be ashamed to warn people if they dress inappropriately and show the public what they shouldn't. If it is a close person, a family member – you have an obligation to warn him (her).
- Have I visited a nudist beach? Sunbathing revealing breasts, buttocks? Publicly? In the presence of other people? In front of children, young people? Did I arouse outrage?
- Did I marry frivolously, out of defiance, out of revenge, recklessly, out of calculation?
- Is my marriage a bond of love? Am I not seeking domination over my wife (husband), am I not depriving her (her) of the right to dignity and personal freedom?
- Did I break the word, even for an unimportant thing?
- Did I try to arouse deeper feelings in the other person knowing that I myself can't or don't even want to fulfill them?
- Did I try to evoke desires, which I did not intend to, nor opportunity to fulfill?
- Did I ask myself questions about the future of the relationship, in an effort to have a close relationship with another person? Do I feel responsible for the other person, his destiny, life situation?
- Am I aware of the importance of a normal family situation for a child's development?
- Did I leave my wife (husband)? For what reason? Was I unfaithful? Because of another woman (man)? (Adultery)
- Did I forgive adultery, did I take my husband/wife back if he/she asked for forgiveness?
- Am I committing adultery? – Do I live or have intimate contact with a divorced woman (husband), married woman, and married man – extramarital cohabitation? Do I have a child from such a bond? Have I started a "new" family?
- I morally offend underaged – by words, jokes, inappropriate clothes, books, gossip, encouraging (to find a boyfriend (girlfriend)...) )
- Am I not telling ambiguous jokes? Am I having fun when other tell such jokes?
- Did I mock of virginity, restraint, celibacy?

**Parent** – have I given my child consent to premarital cohabitation? (Also, by silence)

Consent to premarital cohabitation is at the same time indirect consent to marital infidelity because it supports the erroneous opinion that falling in love vindicates a sin. The longer a person has been sexually active before the wedding, the greater is the likelihood of divorce.

The attitude – before the wedding it is necessary to verify whether we go together well on the physical side – is a manifestation of great immaturity, it expresses the primacy of sexual instinct over a person, and it testifies that I consider another person to be a thing. **God created the organism of man and woman so perfectly that they always “fit” together.**

### **Scandal**

It is a serious guilt. I become a tempter of my neighbor. I lead the other to do evil. I cause damage to honesty and integrity.

- I can pull down my neighbor to spiritual death.
- By my actions or neglect, I consciously and voluntarily lead the other to a serious transgression.
- It acquires importance due to the authority of those who give it or the weakness of those who are subject to it.
- It can be caused by – by fashion, behavior, public opinion, the law or an institution (laws leading to the decline of morals, the decay of religious life, business leaders – if they issue regulations inciting fraud, teachers “irritate” their students to anger, those who manipulate public opinion and turn it away from moral values).
- If I use power in a way that incites evil – I cause outrage and at the same time I am responsible for the evil that I directly or indirectly support.

**Lust** – a disordered desire for sexual pleasure, or a disordered enjoyment of it.

**Fornication** – the physical union of a single man with a single woman outside of marriage, at the same time it is a great outrage when it spoils the youth. **The right to sexual cohabitation is given only by Jesus Christ in the sacrament of marriage!**

- Were there more women (men) in my life with whom I had intimate intercourse?

**Pornography** – grave transgression

**Prostitution** – a person who prostitutes and also a person who pays, they both sin heavily. They defile their body, the temple of the Holy Spirit.

- Severity – women, men, children, adolescents (by children and adolescents the sin doubles with outrage).
- Poverty, blackmailing, social pressure – can reduce the responsibility for guilt.

**Rape** – is an even greater transgression if it is committed by close relatives (incest) or by the tutors to whom the children are entrusted.

- Did I know about that? (I didn't help the victim). Am I covering up a rapist? Am I closing my eyes to this?

### **Homosexuality**

A very serious perversion against the natural law. I reject God through a homosexual way of life. It does not come from true emotional and sexual complementarity. It is a visible manifestation of an invisible wound caused by a great lack of love.

Gay – is a socio-political identity. “Look who I am, I am normal and natural.” If one has adopted a gay identity, it means that he has buried hope and believes that changing from homosexual to heterosexual is not possible. Nothing is impossible to God!

Homosexuality – is a description of sexual preferences, a person's reaction and self-perception, the feeling that a person does not belong to their gender. It's a psychological condition. Behind homosexual impulses and behavior is always a feeling of inner emptiness. There is no homosexual gene (myth of innateness).

**„Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor men who have sex with men nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God.” (1 Cor 6: 9-10)**

A man has a male body that is designed by God to be able to have sex with a woman, so he is only heterosexual. There are only heterosexuals, some of whom (1.2-2%) have sexual problems. Our bodies are designed to be capable of having sex with the opposite sex.

- Homosexuals are called to chastity. Homosexual tendencies can be cured by reparative therapy. The homosexual must pray a lot, live in purity, receive the sacraments, the Eucharist, ask for healing and rescue.

- We must distinguish tolerance from acceptance (receipt). Tolerating people does not mean agreeing with them. Homosexuality brings a lot of evil; it is disgusting for God, we cannot accept it, agree with it, and support it.
- Did I practice homosexual acts?
- Did I not vote political parties, politicians fighting for “rights” of homosexuals?
- Do I approve a same-sex partner for my child? Did I allow them to live together? Am I silent if my child acts like this?

**Fertility of marriage** – fertility is a gift; it is one of the goals of marriage. Every marital act is to remain open in itself to the procreation of human life — this teaching is based on God’s established inseparability of continuity — which one must not violate of one’s own volition.

Sexual intercourse in marriage is more than just the union of bodies – it is the physical and at the same time spiritual union of two complementary persons. This is how the richness of the human person created by God is manifested.

- It is wrong and sinful for any act which, when the marital act is foreseen or performed, is intended to prevent procreation or would be used as a means to that end.
- Seriously immoral – sperm or ovum donation, borrowed womb, in vitro fertilization, artificial insemination – violate the child’s right to be born of a father and mother whom he knows and who are united in marriage, separates sexual act from the act of procreation, introduces the dominance of technology over the beginning and destiny of the human person.
- Sterilization
- A child is a gift from God, not a debt to which one can be entitled.

### **Divorce**

- A valid concluded marriage cannot be dissolved by any human power and for any reason, only by death.
- Serious offense
- It is an injustice to the person we loved and also an injustice to the children who are the fruits of this union.
- Separation of spouses – may be justified, but the marriage remains (civil divorce may be tolerated if this is the only way to provide childcare or property protection).

- Conclusion of a new union – a married partner who remarries is in a situation of permanent and public adultery.
- A spouse who has sincerely sought to be faithful to the sacrament of marriage and is unjustly abandoned – an innocent victim of divorce, does not sin against a moral command.
- Polygamy – a mortal sin

### **Free bond of man and woman – concubinage**

- A man and a woman refuse to get married, living intimately together.
- Inability to commit to long – term relationships.
- Sexual act has a place only in marriage! Outside of it, it is always a mortal sin and excludes from sacramental communion (sacrilege).
- Even if there is an intention to marry – human love does not allow for a “test”. It requires complete and definitive mutual donation of persons.
- As a parent, I have a duty to reprimand a child for living like this! I have a duty to warn him if he commits sacrilege at the same time! I must be fully aware that he is in danger of damnation.
- Do I support my child in this? Do I agree? (Also, by silence) Did I provide them with housing? (Room, apartment) Did I suggest it to the child myself? (To get to know each other better, see if it works together for you, no need to hurry with marriage, today times are different...) Do I tell it in public if my child lives like this? Am I bragging about that?
- It causes scandal.
- It also leads to outrage, bad example and moral decay of children and young people.

## **7. YOU SHALL NOT STEAL**

### **Nor thieves, nor the greedy.... nor robbers shall not inherit the kingdom of God!**

It is forbidden to destroy, damage or steal something that belongs to another or to society. The measure of the sin of theft is determined by the amount of damage and of injustice for injured party (if the thing was very valuable for the owner – a memory of the mother, a rare book...).

This command can also be sinned against by dishonesty at work. Buying not necessary things is also injustice to those who do not have necessary things, because what I have does not belong only to me. Surplus belongs to the needy and the poor.

**We are always obliged to compensate the damage!**

- Did it happen in this way? What was it about?
- Am I wasting food, groceries? Excessive spending.
- Do I do my job honestly? Work honestly, because the fruits of your labor are used by others, just as you use the fruits of their labor.
- Irresponsible use of time at work.
- Am I trying to secure my family with my work?
- Do I do my job only as a last duty and a source of pension provision?
- Poorly done work.
- Do I appreciate the result and meaning of my work – for myself and others?
- Do I live on the account of others, I like to lament how sick I am, I behave inappropriate, do I regret myself?
- Do I respect work ethics? Do I pass on my knowledge? Am I proactive at work? Do I expand my qualification?
- Am I trying to be a benefit? Do I use all my options to solve problems at work?
- At work, I deal with suing others, slandering, reading other people's correspondence, stealing – taking outside of the company (materials, food, office supplies, cash, confidential/proprietary information ...). Am I encouraging others to do this also, or am I asking them for cooperation, assistance, coverage?
- Am I building a career at any cost? – Dishonestly, with abuse of power, of acquaintance or through membership to a political or social organization.
- Do I behave in an inappropriate manner – to subordinates, colleagues, candidates, clients, business partners?
- Do I cheat in doing business?
- Do I pay an unfair salary?
- Speculation – do I artificially change the valuation of property in order to benefit from it to the detriment of another?
- Bribery – the one who gives the bribe sins, as does the one who accepts it.
- Tax fraud, forgery of invoices, checks, non-compliance with contracts.
- Non – payment of taxes, non – payment to the Social Insurance institutions.
- Strike – is morally unacceptable if it is accompanied by violence or targets are set that are not directly linked to working conditions or are against the common good.
- Animals – they are God's creatures, they praise and celebrate Him by their existence, and people should also be kind to them. Animals can be liked, but not focus on love that belongs only to humans. It is undignified to spend sums of money for them, which should preferably alleviate human misery.



**Gambling** – bets, tickets, lotto, cards, poker, roulette....

- Morally unacceptable.
- Slavery of the player's passion, the desire for mammon.
- I'm robbing my own family.
- Desire for property of others.
- Cheating, dishonest bets
- The money thus acquired is unclean money – acquired by sin, coming from my sin and the sin of others, from another's misfortune (from the desire for mammon, idolatry, family tragedies – misery in families, marital crises for gambling, gambling, falling into alcoholism, suffering children, unhappy suicides who got into a desperate situation for gambling and betting, such as losing homes, made debts...).
- Mortal sin – owners and operators of betting offices, slot machines, casinos, innkeepers.

**Love for the poor.**

God created good for all, so we have a duty that it may actually come to all according to justice and with the contribution of love.

- Disordered love for wealth, their selfish use.
- Giving alms to the poor is a testimony of brotherly love, it is also practice of justice that pleases God.
- Not sharing with the poor means robbing them and getting them rid of life – we do not own our things but their stuff – we repay the debt of justice.

**Acts of mercy**

- charitable deeds
- to teach, advise, cheer
- to forgive, to endure patiently
- to feed the hungry, clothe the ragged, take care of the people without shelter
- to visit the sick and prisoners
- to bury the dead
- giving alms to the poor

**8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR**

- Am I lying?
- Am I suspicious? Mistrustful?
- Am I honest? Am I discreet? Am I retaining an entrusted secret? (If it is for the good of my neighbor, I can tell about that what has been entrusted me, to the person who will assist in the problem).
- Man is obliged to honestly reveal the truth to another – a lie is always a lie. There is no such thing as a “merciful” lie – it is satan’s ploy, which is itself the father of lies.
- I have a duty to bear witness to the gospel – to pass on faith by words and deeds, to be an example in life.
- False testimony, perjury (especially serious if it contributes to the conviction of the innocent, justifying the culprit, increasing the penalty).
- Do I respect the reputation of persons?
- Am I unwisely assessing/judging (albeit tacitly)?
- Defamation – without need, I reveal mistakes and wrongdoing of my neighbors to others.
- Slander – assertions contrary to the truth, I give the opportunity to make erroneous judgments about others, destroy reputation and honor of neighbor.
- One who defames or slanders, even the one who hears such words, or incites them, will sin.
- Flattery, adulation, tractability – I encourage and strengthen another in his evil deeds and his corrupt behavior.
- Adulation is a grave offense if I become an accomplice of vices or grave sins.
- The desire to show service or friendship does not justify the duality of speech.
- Adulation is a common sin if it comes from the desire to be pleasant, to avoid evil, to achieve benefits.
- Boasting, exhibiting.
- Irony – the goal is to discredit another, to ridicule him maliciously.

### **The severity of a lie**

- According to the nature of truth which it deforms, the circumstances, the intention and damages.
- It can be a common sin, but if it seriously violates the virtues of love and justice, it becomes a mortal sin.
- It is an insult to the word.
- It is real violence against one’s neighbor – because it is a violation of the virtue of truthfulness.
- It undermines trust, tears up relationships.

- There is an obligation to remedy! When wrongdoing cannot be remedied in public, it must be done in secret. It binds in conscience.
- Official secrecy / confidential matters – (politicians, doctors, lawyers...) – to be kept, except in exceptional cases (if failure to disclose the fact would cause harm to another person).

## **9. YOU SHALL NOT COVET YOUR NEIGHBOR’S WIFE... OR ANYTHING THAT IS YOUR NEIGHBOR’S**

- Lust of the flesh
- Lust for the eyes
- The pride of life
- Looseness of morals – is based on a misunderstanding of human freedom
- Responsibility for raising children
- Everyone who looks at a woman lustfully has already committed adultery with her in his heart
- Maintain pure intent and view
- Chastity – protects intimacy
- Purity of heart – patience, modesty, discretion

## **10. YOU SHALL NOT DESIRE YOUR NEIGHBOR’S HOUSE... OR ANYTHING THAT IS YOUR NEIGHBOR’S**

Develops and complements the 9th Commandment. It prohibits the desire for foreign property, which is the root of theft, fraud, gambling. It leads to injustice and hatred.

It refers to the intention of the heart. Together with the 9th Commandment, it summarizes all the commands of the law.

- Greed – has its origins in idolatry.
- Avarice.
- Disordered lust.
- The desire for wealth, power.
- The desire to appropriate the good without measure.
- It prohibits any damage to neighbor’s earthly possessions.
- Unjustly acquired heritage – I have a duty of redress towards siblings
- I wish others hardship
- Doctors who wish diseases

- Lawyers longing for important and numerous lawsuits and processes
- Envy – sorrow over the good of one’s neighbor
- If I wish my neighbor a great evil – I commit a mortal sin
- Clinging to wealth, property
- If I find solace in the abundance of possessions, money

**Repent, keep the commanded fasts** (abstain from fleshy food)

- Ash Wednesday and Good Friday – strict fasting (only once a day you can eat to the full, in addition, you can only eat twice a little) – with the exception of children and adults over 60 years.
- Abstaining from meat and eating meat products every Friday and on Ash Wednesday – all from the age of 14 until death.
- Those who have to eat meat on Fridays (for health reasons – diabetic...) – should in addition perform some other act of repentance, piety or love (attend Holy Mass, read Holy Scripture, pray rosary, Stations of the Cross, visiting the sick, helping one’s neighbor...).

Selected from the books:

St. Alfonz Maria De’Liguori – In the Light of Eternity (Preparing for Death)

St. John Vianney – How Vianney preached about the holy confession, selection of homilies

Catechism of the Catholic Church

He who sacrifices his death to God does the most perfect act of love he is capable of. For if we accept death by God’s will as He wants, He himself will assign us to martyrs. Measure of our love at the moment of death will be a measure of love that we will love God in blissful eternity.

**Prayer:**

**My God, I already now accept from your hand every mode of death with all the pain and anxiety with complete devotion and willingness.**

(Plenary indulgences for the hour of death, if they pray at least once in his life on any day after the valid confession and Holy Communion – PIUS X. – 9.3.1904)

**I love you, Lord Jesus, and I thank you with all my heart for giving me the time and opportunity to convert.**