

Personal Preparation for Holy Confession

"Create in me a clean heart, O God, and renew a right spirit within me." — Psalm 51:10

1 Set Aside Quiet Time

Find 15–20 quiet minutes before coming to church. Confession is not an interrogation, but a healing return to Christ's mercy.

2 Bring Your Notes

Use the checkboxes below or write your notes. Bringing a list keeps your mind calm and relieves the stress of trying to remember.

In the strictest sense, we rarely break the Commandments in extreme ways daily—so it is easy to feel we live sin-free. But true self-examination looks past outer behavior into our thoughts, words, and quiet motivations.

1. You shall have no other gods before Me

- ☐ Is God truly first in my daily decisions and routine?
- ☐ Do I dedicate time to prayer every day?
- ☐ Do I love, trust, or fear anyone or anything more than Him?

2. You shall not make any graven image

- ☐ Do I trust coaches, bosses, or teachers more than God?
- ☐ Do I idolize celebrities, athletes, or public figures?
- ☐ Do I seek status, clothing, or approval more than God's love?

3. You shall not take the Lord's Name in vain

- ☐ Do I wish harm, curses, or bad outcomes on anyone?
- ☐ Do I swear, curse, or use profane language?
- ☐ Do I read horoscopes or consume media glorifying evil?

4. Remember the Lord's Day, to keep it holy

- ☐ Are services as important to me as sports, work, or leisure?
- ☐ Do I regularly attend services and prepare for Communion?
- ☐ Do I harbor critical attitudes toward clergy or the Church?

5. Honor your father and mother

- ☐ Do I pray for and assist my parents or elders?
- ☐ Do I show respect, kindness, and time to my family?
- ☐ Do I ask for forgiveness when I fall short or hold grudges?

6. You shall not kill

- ☐ Do I provoke others, fight, or intentionally hurt feelings?
- ☐ Do I consume media featuring extreme violence or abuse?
- ☐ Do I honor my body as a temple of the Holy Spirit?

7. You shall not commit adultery

- ☐ Do I keep intimacy within a Church-blessed marriage?
- ☐ Do I entertain inappropriate media or lingering fantasies?
- ☐ Do I talk suggestively or listen to obscene jokes?

8. You shall not steal

- ☐ Do I take credit for work done by someone else?
- ☐ Do I waste paid work hours or employer resources?
- ☐ Do I withhold my time, talents, or offerings from God?

9. You shall not bear false witness

- ☐ Do I spread gossip or judge others on assumptions?
- ☐ Do I make excuses to avoid helping others, or hold grudges?
- ☐ Do I stretch the truth or lie to mislead someone?

10. You shall not covet

- ☐ Do I envy others for their possessions or lifestyle?
- ☐ Do I feel bitter when others receive praise or respect?
- ☐ Am I content and thankful for the gifts God has given me?

Personal Notes & Quiet Reflections

For your personal preparation

** Note: After receiving the Sacrament of Confession, you are encouraged to securely discard or destroy your written notes as a tangible reminder that your sins are forgiven and remembered no more.*

St. Sebastian Serbian Orthodox Church

Confession Times: Saturday after Vespers or by appointment
with Fr. Norman

Spiritual Counsel & Appointments:

Fr. Norman

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