

Confessing the 10 Commandments

1st Commandment

- *Have I loved, trusted, or feared other things or people more than I love, trust and fear God?
- *Have I committed idolatry by seeking comfort, good, and delight from my own efforts rather than from God?
- *Do I look to God my heavenly Father for all love, good, and joy?
- *Is everything measured by what pleases me?
- *In all things am I self-centered and selfish?
- *Have I patiently borne the afflictions God allows to come upon me?
- *Have I doubted whether God's counsel rules human affairs?
- *Do I see my worry and fretting as sin against trusting in God?
- *On what things is my attention focused?
- *Do I love the things God gives more than I love Him?

2nd Commandment

- *Have I cursed?
- *Have I used God's name cheaply for oaths that are frivolous or false?
- *Do I stand up and swear by God's name when it is for the truth of the Gospel or the benefit of my neighbor in need?
- *Is prayer an important part of my daily life?
- *Have I doubted whether God hears my prayer?
- *Do I pray with fervor in times of trouble?
- *Am I bored and indifferent in prayer?
- *Do I praise God for all of His good gifts?
- *Am I thankful for the blessings God showers on me?

3rd Commandment

- *Do I strive to make the day of rest holy by making time for the hearing of God's Word and the reception of the Sacrament?
- *Do I use the Word of God to make my time, work, study, and life holy day by day?
- *Have I doubted the truth of God's Word?
- *Am I lazy about reading and studying God's Word?
- *Do I honor the Word of God highly by eagerly hearing it preached at the appointed times?
- *Do I gladly learn it by heart and live in it?
- *Do I despise God's Word by not paying attention when it is read, preached on, or taught in Church?
- *Do I love my fellow Christians by being present with them in the Divine Service to sustain them?
- *Am I quick to make excuses for neglecting the Divine Service to do other things I like more?
- *Have I absented myself from the Divine Service because I was angry at someone else who was there?

- *Do I learn the Word of God gladly so that I can teach it to others?

4th Commandment

- *Has the fear and love of God shaped my honor and obedience to parents and others in authority over me?
- *Have I been angry with them, rebelling and fighting with them, because I was not getting what I wanted?
- *Have I talked back to those in authority over me?
- *Have I disobeyed their commands or obeyed them only with complaining?
- *Have I been disrespectful to my parents, teachers, employers, or other authorities over me?
- *Have I prayed for my parents, my pastor, my schools, my government?
- *Have I faithfully carried out my God given responsibility as parent by seeing that my children are raised in the Christian faith?
- *Have I faithfully modeled the Christian life for my children through family devotions and regular attendance at the Divine Service?

5th Commandment

- *Have I treated my neighbor's body and life as gifts God has given to him?
- *Have I injured my neighbor with violent actions?
- *Have I murdered him in my heart with thoughts of anger, contempt, and hatred?
- *Have I spoken debasing and insulting words to my neighbor?
- *Have I neglected to feed, clothe and care for my neighbor in his need?
- *Have I avoided giving help to my neighbor?
- *Have I aborted a baby or approved of the practice of abortion?

6th Commandment

- *Have I dishonored marriage by ridicule, divorce, or neglecting to encourage others to be faithful to their spouses in the fear of God?
- *Have I had sexual intercourse with a man or woman not my spouse?
- *Have I dishonored my spouse by neglecting to care for my spouse's body, mind, feelings, and needs, withdrawing faithfulness from my spouse?
- *Have I neglected to pray for my spouse, to attend the Divine Service together, and to live in the fear and love of God in times of sexual temptation?
- *Have I indulged my eyes with longing for my sexual satisfaction from a man or woman who is not my spouse?
- *Have I used pornography?
- *Have I given approval to those who live together apart from marriage?

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*Have I engaged in homosexual thoughts, word, or deeds, or given approval to homosexual activity?

7th Commandment

*Have I been lazy at work, doing poor work in school or at my job, or working only when the teacher or boss is around?

*Have I been stingy in paying my workers?

*Have I worked for myself rather than for Christ and for the benefit of my neighbor?

*Have I cared for property in the neighborhood, church, and school so that it is improved?

*Have I stolen from office, school, church, or from my neighbor?

*Have I stood by silently while others took what was not theirs?

*Have I stolen information from another's work?

*Have I wasted time, food, and money by my neglect?

8th Commandment

*Have I told the truth in court, or in school before authorities, or before my parents when I knew the truth?

*Have I been afraid to bear witness when I knew the truth and it was necessary to speak up against a wrongdoer or to speak for a victim?

*Have I told lies?

*Have I passed on information my neighbor shared with me about himself in confidence?

*Have I gossiped, delighting to tell others about the faults or mistakes of another, excusing myself especially by saying that I only spoke the truth?

*Have I gone to others to make peace if I wronged them or they me?

*Have I slanted stories to my benefit or to deceive others by withholding some elements of the truth?

*Have I found ways gladly and willingly to explain in the kindest way those words or actions of others that hurt me?

*Have I defended my neighbor when he is criticized by others?

*Have I learned to bear faults and weaknesses of others, covering their shame?

9th Commandment

*Have I longed for the honor, wealth, happy life, or what seems like the ease of others?

*Has my life been full of craving for things that are not mine?

*Have I tried by claims of various rights to make the property of others mine?

*Have I resented the blessings God has given to my neighbor?

*Have I thought that happiness comes from owning things?

*Have I been generous?

10th Commandment

*Have I wanted my neighbor's spouse, his workers, or property to be mine?

*Have I tried to win the affections and loyalties of my neighbor's spouse or children away from my neighbor to me?

*Have I urged friends, spouses, and workers to go back to their callings, holding their marriages, friendships, and work together?

*Have I fostered discontent with the congregation, its pastors or leaders, and failed to urge members to stay and do their duty in praying, giving, and serving?