

**Third Order of Penance of St. Dominic
Practical Guide for Examination of Faults**

Chapter III. Habit

13. Have I neglected to wear the scapular?
17. Have I always dressed according to the rules of Christian modesty as indicated in the Constitutions under this number?
[For women and girls:] Have I worn jewelry or bright colors without necessity or dispensation?

Chapter VI: Recitation of the Office

28-31. Have I omitted one or more parts of the Office which I have promised to say? Have I neglected to observe the difference of the antiphons, prayers, etc. according to the various seasons of the liturgical year?
32. Have I made an effort to meditate with attention on the mysteries of the Rosary? [5, 10, or 15, according to my engagement] Have I neglected to recite the *Angelus*; to say grace before and after meals?

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**Chapter VII: Confession and Communion
and Other Pious Exercises**

35-36: Have I neglected to attend the offices at Church?
Have I done my best to assist at Mass during the week when it has been possible for me to do so?
Have I gone to confession at least two times per month?
Have I received Holy Communion at least on the days indicated in the Constitutions?
Have I made a serious act of thanksgiving after reception of Holy Communion? [The recommended time by spiritual authors is at least 15 minutes.]
Have I spoken unnecessarily in Church?
37-38: Have I practiced mental prayer each day?
Have I practiced the devotions of the Order?
39: [For women and girls:] have I always covered my head in church?
40: Have I tried my best to make a regular spiritual retreat?

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Chapter VIII: Fasting

41. Have I neglected the fasts and abstinences indicated in the Constitutions (unless dispensed)?
42. If I cannot fast from midnight according to the former Tradition, have I at least observed the three hour Eucharistic fast before communion?

**Chapter IX: On the obligation to avoid
worldly outings and amusements**

43. Have I unnecessarily gone to worldly gatherings or vain entertainments?
If it was not within my power to do otherwise, did I at least ask permission, or report it afterward?
Have I watched television?
Have I wasted time watching movies?
Have I used the computer (the Internet) without a real reason of utility or necessity?
Have I smoked?

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Chapter X: The Respect Due to Prelates and Clerics

44-46. Have I lacked respect towards a priest?
Have I neglected to financially support the chapel that I frequent?

Chapter XI: Works of the Apostolate and of Charity

47-50. Do I have concern for the salvation of souls (at least by my prayers and sacrifices)?

Have I regularly studied Catholic doctrine and the work of spiritual authors?

Have I taken advantage of the opportunities to witness to the truth and to cooperate in the works of the apostolate?

Do I have concern for the propagation of good doctrine and for the fight against errors, according to my ability? Have I given way to human respect?

If Providence has given me the capacities and the opportunity, have I practiced any of the spiritual or corporal works of mercy?

Have I lent support to the works of my traditional parish?

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Chapter XII: Visiting and Care of the Sick

51. If there are any sick brothers or sisters in the Third Order Fraternity to which I belong, have I visited them or have I telephoned them so as to comfort them?

Chapter XIII. The Death of the Brothers and Sisters, and the Suffrages for the Deceased

52-55. If I am not legitimately prevented, have I attended the funeral of a deceased brother or sister (52)?

Have I recited the proscribed prayers for the repose of his soul (53)?

Have I neglected to say the daily suffrages for the deceased (54)?

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Chapter XVI. The Duties of the Prior and Other Officials of the Fraternity

66-68. Having an office in the Fraternity, have I been unfaithful in any way to the duties that have been imposed on me, and have I made a report of my job to my superior?

Chapter XVII. Meetings of the Brothers and Sisters

70. Have I missed any meetings without advance permission, without subsequent apologies?

Have I arrived late?

Have I neglected to do my penance for faults?

Chapter XIX. Dispensations

75. Have I neglected to ask dispensation from the proper authority from whichever of these Constitutions I find necessary?

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