

## HOW TO MAKE A GOOD CONFESSION

I make my confession in this way:

1. I go into the confessional and kneel.
2. I make the sign of the cross and say: "Bless me, Father, for I have sinned."
3. I say: "This is my first confession" (or, "It has been one week, or one month, since my last confession").
4. I confess my sins.
5. I Listen to what the priest tells me: Father gives you a penance.
6. I say the **ACT OF CONTRITION** loud enough for the priest to hear me.

*O my God, I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all-good and deserving of all my love, I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen*

7. I listen to what the priest tells me: Now the priest says the words which bring Jesus' forgiveness, At the same time, he raises his hand. These are the words that the priest says:

*"God, the Father of mercies, through the death and resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit."*

When the priest says the underlined words, make the sign of the cross and answer, "Amen."

8. Then Father tells you to go in peace. You may answer: "Thank You Father. "



## A Guide for EXAMINATION OF CONSCIENCE

**1. I am the Lord your God. You shall not have strange Gods before me.**

- Do I give God time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved with superstitious practices, or have I been involved with the occult?
- Do I seek to surrender myself to God's Word as taught by the Church?

**2. You shall not take the name of the Lord your God in vain.**

- Have I used God's name in vain: lightly or carelessly?
- Have I been angry with God?
- Have I wished evil upon any other person?
- Have I insulted a sacred person or abused a sacred object?

**3. Remember to keep holy the Lord's Day.**

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest?
- Do I do needless work on Sunday?

**4. Honor your father and your mother.**

- Do I honor and obey my parents?
- Have I neglected my duties to my spouse and children?
- Have I given my family a good religious example?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirmed relatives'?

**5. You shall not kill.**

- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading him or her into sin?

- Have I been angry or resentful?
- Have I harbored hatred in my heart?
- Have I mutilated myself through any form of sterilization'?
- Have I encouraged or condoned sterilization?
- Have I had an abortion or encouraged any one to have an abortion?

**6. *You shall not commit adultery.***

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Do I seek to be chaste in my thoughts, words and actions?
- Am I careful to dress modestly?
- Have I been guilty of masturbation?
- Have I sought to control my thoughts?
- Have I respected all members of the opposite sex, or have I thought of other people as objects?
- Have I been guilty of any homosexual activity?

**7. *You shall not steal.***

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen?
- Do I pay my debts promptly?
- Do I waste time at work, school, or at home?
- Do I gamble excessively thereby denying my family of their needs?
- Do I seek to share what I have with the poor?

**8. *You shall not bear false witness against your neighbor.***

- Have I lied?
- Have I gossiped?
- Have I spoken behind someone else's back?
- Am I sincere in my dealings with others?
- Am I critical, negative, or uncharitable in my thoughts of others?
- Do I keep secret what should be kept confidential?

**9. *You shall nor desire your neighbor's wife.***

- Have I consented to impure thoughts?
- Have I caused them by impure reading, movies, conversation, or curiosity?'
- Do I seek to control my imagination?
- Do I pray at once to banish impure thoughts and temptations?

**10. *You shall not desire your neighbor's goods.***

- Am I jealous of what other people have?
- Do I envy other people's families or possessions?
- Am I greedy or selfish?
- Are material possessions the purpose of my life?
- Do I trust that God will care for all of my material and spiritual needs?
- Have I ever received Communion in the state of mortal sin?
- Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from a priest?

***Growing In Holiness***

- Do I consciously seek to imitate Christ in all of m dealings with others?
- Do I have a confessor who gives me spiritual direction?
- Do I try to go to confession at least once a month as part of the First Saturday Devotion?
- Do I ask Our Lady to help me to examine my conscience and to make a sincere and honest confession?
- Do I seek to lead others to make frequent use of the Sacrament?