

Sacrament of Confession

Before Confession

✝ Pray & Reflect

Pray that God will help you and guide you during the Sacrament of Confession. Reflect on ways that you have hurt your relationship with God and others. An Examination of Conscience is attached to help you as you reflect.

Confession

✝ Confession

Confess your sins to the priest. Don't be afraid to ask the priest for help. Don't be ashamed!

For we have all sinned and come short of the glory of God. Romans 3:23

✝ Penance

The prayers or deeds that the priest gives you, is to begin healing your relationship with God and others

Act of Contrition

An expression to God that you are sorry and ready to leave your sins behind.

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

After Confession

Absolution Rejoice & Respond

Through the grace of the Sacrament of Confession, we are reminded that God's love is unconditional and infinite. Leave your sins behind and give thanks to God for having forgiven you. Follow through with the penance and share with others how beautiful the Sacrament of Confession is.

Confession heals, confession justifies, confession grants pardon of sin, all hope consists in confession; in confession there is a chance for mercy. - St. Isidore of Seville

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?

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 the priest in Confession?

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 ever 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 infirm relatives?

5. You shall not kill.

Have I had an abortion or encouraged anyone to have an abortion?

Have I physically harmed anyone?

Have I abused alcohol or drugs?

Did I give scandal to anyone, thereby leading them 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?

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 my marriage?

Have I used any method of conception or artificial birth control?

Has each sexual act in my marriage been open to the transmission of new life?

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?

Do I seek to be chaste in my thoughts, words, and actions?

Am I dressed modestly?

Examination of Conscience

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 waste time at work, school, or at home?

Do I gamble excessively, thereby denying my family of their needs?

Do I pay my debts promptly?

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 to others?

Do I keep secret what should be kept confidential?

9. You shall not 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 my material and spiritual needs?

Help to Grow in Holiness

Do I consciously seek to imitate Christ in all my 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 sacraments?