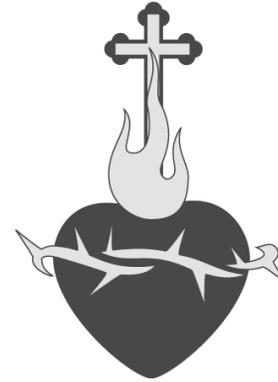


Examination of Conscience

- Recall your sins. Calmly and honestly ask yourself what you have done with full knowledge and full consent against God and the Church's commandments.
- Do I pray to God every day? Have I thanked God for His gifts to me?
- Did I put my faith in danger through reading material that is hostile to Catholic teachings? Have I been involved in non-Catholic sects? Did I engage in superstitious practices, such as palm-reading or fortune telling?
- Did I take the name of God in vain? Did I curse, or take a false oath?
- Did I miss Mass on Sundays or holy days of obligation through my own fault? Am I attentive at Mass? Did I fast and abstain on the prescribed days?
- Did I disobey my parents or lawful superiors in important matters?
- Did I hate or quarrel with anyone, or desire revenge? Did I refuse to forgive? Was I disrespectful?
- Did I get drunk? Did I take illicit drugs? Did I consent to, recommend, advise, or actively take part in an abortion?
- Did I willfully look at indecent pictures, watch immoral movies, or read immoral books or magazines? Did I engage in impure jokes or conversations? Did I willfully entertain impure thoughts or commit impure acts, alone or with others? Did I use artificial means to prevent conception?
- Did I steal or damage another's property? Have I been honest in my business relations?
- Did I tell lies? Did I sin by gossiping about others? Did I judge others rashly in serious matters?
- Have I envied other people?



A Practical Guide for Going to Confession

Confession or the Sacrament of Reconciliation is time spent with Jesus, the Healer of our soul. God, our Father, through his Son, desires to free us from all that blocks the path to true inner freedom and peace. But we cannot attain this without the grace and help of God. And so...

- *Begin by asking for his love to fill you and to show you the way to peace in Him.*
- *Ask for greater trust to allow him to enter and remove the source of pain or wounds caused by sin; both your own sins or sins committed against you by others*
- *Ask for Mary's compassionate intercession for the guidance of the Holy Spirit as you prepare for the grace of Reconciliation.*

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How to go to Confession ~

1. *You always have the option to go to confession behind a screen or face to face, if you so desire.*

2. GREETING & SIGN OF THE CROSS

After the priest greets you in the name of Christ, make the **sign of the cross**. He may choose to recite a reading from Scripture, after which you say: "**Bless me Father for I have sinned. It has been (state how long) since my last confession. These are my sins.**"

3. CONFESSION OF SINS

Tell your sins simply and honestly to the priest. You might even want to discuss the circumstances and the root causes of your sins and asks the priest for advice or direction.

4. LISTEN TO THE ADVICE

Listen to the advice the priest gives you and accept the penance from him.

5. Then EXPRESS SORROW for your sins with An Act of Contrition

Oh 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. Amen.

6. ABSOLUTION

*God, the Father of mercies,
through the death and the 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.*

*The priest will then dismiss you with the words of
praise: Priest: "Give thanks to the Lord for He is good.*

Your response: "For His mercy endures forever."

The priest will then conclude with: "The Lord has freed you from your sins. Go in peace."

And finally **you respond by saying: "Thanks be to God."**

7. Spend some time with Our Lord thanking and praising Him for the gift of His loving mercy. Try to perform your penance as soon as possible.