

8) You Shall Not Bear False Witness

- Have I gossiped?
- Have I spoken behind someone's back?
- Have I been critical or judgmental in thoughts or speech?
- Have I injured others by lies, rash judgment, detraction or violation of a secret?

10) You Shall Not Covet Your Neighbors Goods

- Have I been jealous of what others have?
- Do I envy other person or families for what they have?
- Am I greedy or selfish?
- Are material possessions the center of my life?
- Have I failed to trust that God will provide for my material or spiritual needs?

PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and Holy Days
2. You shall confess your sins at least once a year
3. You shall receive the Eucharist at least once a year
4. You shall observe the days of fasting and abstinence
5. You shall help provide for the needs of the Church

SINS OF OMISSION (what I failed to do)

Have I committed or neglected the corporal or spiritual works of mercy? These are:

- To feed the hungry; to give drink to the thirsty; to clothe the naked; to visit the sick; to visit the imprisoned; to bury the dead.
- To counsel the doubtful; to instruct the ignorant; to admonish the sinner; to comfort the afflicted; to forgive offenses; to bear wrongs patiently; to pray for the living and the dead.

Receiving the Sacrament of Reconciliation

1. Enter the confessional and either sit by Father or kneel. Make sure to close the door.

2. Make the Sign of the Cross with Father as he says 'In the name of the Father and of the Son and of the Holy Spirit' **Penitent: Amen**

3. **Penitent: Bless me, Father, for I have sinned. My last confession was ____ (state when)**

4. Tell your sins (include number of times) and start with the serious sins (tell your worst sins first)

5. When you are finished, say **"for these and all my sins, I am truly sorry."**

6. Listen carefully as Father talks. He may give some words of encouragement and will give you a penance to do after you leave confession. (remember what your penance is!)

7. You now pray an Act of Contrition, unless you already prayed it as part of the service. Father will ask.

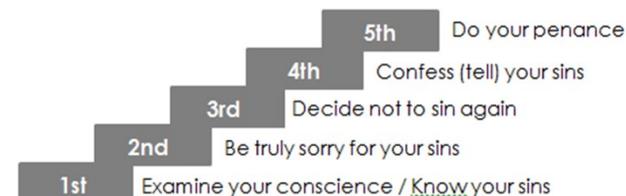
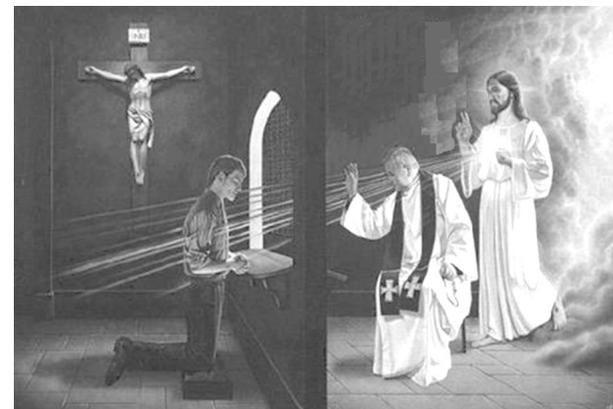
Penitent: O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishment but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasion of sin. Amen

8. Listen as Father absolves you from your sins, he will say: (Priest) God, 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 of your sins in the name of the Father and of the Son and of the Holy Spirit. (make the sign of the cross) say 'Amen'

9. Say **"Thank you Father"**

10. Leave the door open as you exit. Return to your pew and do your penance.

GUIDE FOR MAKING A GOOD CONFESSION



The steps to make a good confession

INCLUDING AN EXAMINATION OF CONSCIENCE AND RITE OF PENANCE FOR AN INDIVIDUAL AND INTEGRAL CONFESSION

A MESSAGE OF HOPE...

"To those who have been far away from the Sacrament of Reconciliation and forgiving love, I make this appeal: come back to this source of grace; Do not be afraid! Christ himself is waiting for you. He will heal you, and you will be at peace with God."
Homily of JP II on Sept. 13, 1987; San Antonio, Texas

EXAMINATION OF CONSCIENCE

In an examination of conscience before the Sacrament of Reconciliation, each individual should ask him/herself these or similar questions in particular, in accord with the Word of God, the Commandments and the Precepts of the Church

1) I am the Lord your God. You shall not have strange God's before me.

- Do I give God some time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved with superstition or with the occult?
- Do I seek to surrender myself to God's Word as taught by the Catholic Church?
- Have I received Holy Communion in the state of mortal sin?
- Have I deliberately told a lie or withheld a serious sin from a 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, carelessly or without reverence?
- Have I been angry with God?
- Have I wished evil upon another person?
- Have I insulted a sacred person or misused a sacred object?

- Have I failed in my profession of faith and witness to Christ and the Catholic Church?

3) Remember to Keep Holy the Lord's Day

- Have I deliberately missed Mass on Sunday or Holy days of obligation?
- Have I failed to keep Sunday as a family day and a day of rest?
- Have I done unnecessary work on Sunday?
- Do I participate in Mass with the reverence and devotion that I should?

4) Honor your Father and Mother

- Have I failed to honor and obey my parents or those in authority over me?
- Have I failed to give good religious example to my family?
- Have I purposely disrupted the peace and unity of my family and home?
- Have I helped to care for my elderly relatives?

5) You Shall Not Kill

- Have I physically harmed anyone?
- Have I held onto anger or resentment, or harbored hatred in my heart?
- Have I abused alcohol or drugs?
- Have I done violence to myself? Have I cut myself or recklessly risked my life or that of others?
- Have I procured an abortion or encouraged another to have an abortion?
- Have I fostered thoughts of suicide or tried to harm myself?
- Did I give scandal to anyone, leading them to sin?

6) You Shall Not Commit Adultery

9) You Shall not Desire your neighbor's wife

- Have I failed to keep my senses and my body pure and chaste as a temple of the Holy Spirit?
- Have I consented to impure thoughts?
- Have I failed to control my imagination or my eyes?
- Have I engaged in sexting?
- Have I engaged in sexual activity outside of Marriage?
- Have I viewed or used pornography?
- Do I watch movies that are inappropriate?
- Have I indulged in reading, conversation or use of the internet in a way that offends chastity?
- Have I committed sexual acts outside of marriage with another? With myself?
- Have I failed to do penance in times of temptation?

7) Thou Shall Not Steal

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen?
- Have I wasted time at home, school, work?
- Have I paid my debts promptly? Cheated on what I owe to the government or to others?
- Have I failed to share with the poor and needy?
- Have I cheated on an exam or at work?