

CONFESSION:

THE FIVE STEPS OF CONFESSION:

Pray to God the Holy Spirit for His light and His grace.

- 1.) Examine your conscience really well
- 2.) Be sorry for your sins, try to have the perfect sorrow of love for offending God (not just fear)
- 3.) Make a firm resolution not to improve and to avoid sin.
- 4.) Tell all your sins. Don't hold anything back, be totally honest and free. The Devil loves secret sins and half truths.
- 5.) Say your penance promptly and thank God.

Examination of Conscience- *(How is my daily struggle to be a saint going?)*

Here are a few suggestions to think about. It is not an exhaustive list by any means. If you need help ask Father.

- 1.) Have I done my best to love God? Does he hold first place in my life? (if not, what does?) Do I pray daily? Have I doubted or denied my faith? Have I doubted God's existence? Did I deny I was a Catholic? Have I been involved in the occult or superstitious practices? Have I received communion in the state of mortal sin? Have I made a bad confession by deliberately holding back confessing a mortal sin? Did I fail to make a good confession at least once in the year?
- 2.) Have I used God's name carelessly or in vain? Have I wished evil on anyone?
- 3.) Have I missed Sunday mass through my own fault? Was I late for mass or leave early without a good reason? Did I not go to confession at least once a year? Was I easily distracted at mass and purposely not pay attention? Have I tried to keep Sunday as a day of rest?
- 4.) Did I honor and obey my parents? Did I listen to and obey my teachers and those in authority over me? Have I talked back or been rude to my parents? Have I failed to help out at home? Been sour or self-absorbed? Have I failed to educate myself in the teachings of the Church? Have I neglected my family?
- 5.) Was I angry...resentful...keep hatred in my heart? Drunk excessively or use drugs? Did I fight, give bad example or scandal in my words or actions? Have I lead others to sin in thought word or action? Have I cut myself or purposely harmed my body?
- 6.) Have I entertained impure thoughts? Was I immodest in dress or behavior? Have I masturbated? Have I engaged in sexual activity with another person? Did I look at pornographic pictures or stories in magazines, books or the internet, etc. ? Do I avoid laziness, gluttony, idleness, and the occasions of impurity? Did I tell impure stories or jokes? Have I led others to sin in this regard in thought or deed?
- 7.) Did I steal? What or how much? Did I return it? Did I waste time at school, home? Am I stingy with my things or with my time? Do I live the spirit of detachment? Did I cheat on tests of homework or help someone else do so? Have I gone back on my word?
- 8.) Have I lied or gossiped? Talked about another behind his or her back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept confidential? Am I critical, negative or uncharitable in my talk? Have I been uncharitable to my siblings and friends? Caused fights? Blamed others for my shortcomings? Am I "two-faced"?
- 9.) Have I consented to impure thoughts? Have I caused them by stares, bad reading, curiosity or impure conversations? Do I neglect to control my imagination? Do I let me mind wander? Do I pray at once to banish such bad thoughts and temptations? Do I think too much of myself? Do I bring others down? Am I irresponsible in the movies I watch, music I listen to or magazines and books that I read?
- 10.) Is my heart greedy? Am I jealous of what another has? Am I envious of him or her because I don't have it? Am I moody? Gloomy? Do I work, study and keep busy to counter idle thoughts? IS my heart set on earthly possessions or on the true treasures in heaven?
- 11.) In what ways have I given in to these 7 deadly sins:
- pride, covetousness (greed), lust, anger, gluttony, envy, and sloth

Act of Contrition

(The Shorter Act of Contrition):

Lord Jesus Christ, have mercy on me, a sinner.

-or-

(The Longer one):

O, my God, I am heartily sorry for having offended you. I detest all my sins because I dread the loss of heaven and the pain 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 sin no more and to avoid the near occasion of sin.

