

THE SACRAMENT OF RECONCILIATION

Examination of Conscience for Adults

I AM THE LORD YOUR GOD, YOU SHALL HAVE NO OTHER GODS

- Do I make a god out of my work, my possessions, my impulses and desires or my own image in the eyes of others, so that these rule my life instead of God?
- Do I try to grow in knowledge of God by daily prayer, Scripture reading, and honest study of the Church's teachings?
- Have I ever dabbled in the occult or given credence to horoscopes, Ouija boards, channeling, tarot cards, superstition or fortune telling?
- Do I easily give up on God's grace and willingness to help me in times of distress?

YOU SHALL NOT TAKE THE NAME OF YOUR LORD IN VAIN

- Have I resorted to profane language by cursing and swearing?
- In conversations, have I assented to slander and jokes aimed at demeaning religion, the Church, or God's authority?

REMEMBER THE SABBATH DAY, TO KEEP IT HOLY

- Have I allowed myself to be so dominated by my work or the activities of life that I don't go to Mass every Sunday?
- Do I prioritize coming to Mass every Sunday and Holy Days, or do I rationalize that *"God won't mind if I miss now and then,"* or *"Going to church once in a while is good enough—most people don't even go at all."*
- In my prayer and attendance at Holy Mass, am I content with passive or ritualistic observance rather than devoting myself to true worship?
- Do I make the effort to actively engage my heart when I come to worship at Mass?

HONOR YOUR FATHER AND MOTHER

- As an adult, am I genuine with my parents in charity and truth to foster genuine relationships?
- Have I legitimately tried to work out problems with my parents according to the truth of the teachings of the Church?

YOU SHALL NOT KILL

- Have I harmed anyone with unjust anger toward them?
- Have I developed a habit of speaking and behaving toward my family or others which is abusive or demeaning?
- Do I secretly tolerate a culture where abortion is available and treated as a right even though life is the most basic right given by God?
- Have I ever advocated abortion, either through my opinions, in conversation, or by actively assisting someone in procuring one?
- Have I ever endangered myself or the life of another person by taking drugs or abusing alcohol?

YOU SHALL NOT COMMIT ADULTERY

- Have I misused the gift of my sexuality or others through sexual acts outside of marriage with anyone of either sex, contraceptive acts within marriage, masturbation, giving my mind over to lustful thoughts, fantasies or pornography?
- Am I respectful in dress and speech regarding human sexuality or do I enjoy lewd jokes and obscene discussions or stories?
- Do I promote a healthy and generous relationship with my spouse so that I may honor my marriage vows?

YOU SHALL NOT STEAL

- Have I taken what is not mine? Destroyed property belonging to someone else? Knowingly accepted stolen goods?
- Have I neglected those in need or ignored the poor? Am I generous with the material possessions I have?
- Have I cheated? Have I stolen anything from an employer or employee?

YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR

- Have I defamed someone's good name by taking part in gossip or slander?
- Have I injured the reputations of other people by speaking about their failures and sins with little desire or intention to help them?
- Have I condoned prejudice and ill-feeling toward members of the opposite sex or people of another nationality, race, religion or sexual orientation?
- Do I correct others when they are speaking unfairly or untruthfully about another?

YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE

- Have I sought the affections of another's spouse?
- Have I indulged in fantasies or infidelity against my spouse?
- Have I rejected my family in my heart, wishing to distance myself emotionally and personally from them for selfish or unjust reasons?

YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS

- Do I habitually compare myself with others in terms of wealth, status, and financial security?
- Am I jealous of the personal qualities of others or envious of their possessions or success?
- Do I keep my finances in order and exercise proper stewardship over what is mine?
- Do I support my Church according to my means and give generously to the poor?

RITE OF RECONCILIATION

A Guide to Confession

PRAYER BEFORE CONFESSION

O Holy Spirit. Source of all light, Spirit of wisdom, of understanding, and of knowledge, come to my assistance and enable me to make a good confession. Enlighten me, and help me now to know my sins as one day I shall be forced to recognize them before Thy judgment seat. Bring to my mind the evil which I have done and the good which I have neglected. Permit me not to be blinded by self-love. Grant me, moreover, heartfelt sorrow for my transgressions, and the grace of a sincere confession, so that I may be forgiven and admitted into Thy friendship.

DURING CONFESSION

After examining your conscience and telling God of your sorrow, go into the confessional. You may kneel at the screen or sit to talk face-to-face with the priest.

Begin your confession with the sign of the cross,
**"In the name of the Father, and of the Son, and of the Holy Spirit.
My last confession was _____ weeks (months,
years) ago."**

Say the sins that you remember honestly and simply. Start with the one(s) that is most difficult to say. (In order to make a genuine and faithful confession, the penitent must confess all mortal sins).

Listen to the words of the priest. He may counsel you and ask you questions about the circumstances. The priest will assign you a penance.

The priest will ask for your Act of Contrition for your sins (you may use any version you learned):

Act of Contrition

*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 I have
offended 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.*

CLOSING

The priest will then give you absolution. He will say:

God the Father of mercies, through the death and resurrection of your son, you have reconciled the world to yourself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church, may God grant 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. Amen.

As you listen to these words of forgiveness, you may make the sign of the cross.

The priest may conclude by saying, "Give thanks to the Lord for He is good," your reply, **"For His mercy endures forever."**

He may add: The Lord has freed you from your sins. Go in peace."
And your response: **"Thanks be to God."**

The priest will then dismiss you.

Do your assigned Penance as soon as possible.

Commit to yourself that you will return to seek the Sacrament of Reconciliation often. This sacrament helps us grow in holiness, rid ourselves of weaknesses, and obtain graces.

PRAYER AFTER CONFESSION

My dearest Jesus, I have told all my sins to the best of my ability. I have sincerely tried to make a good confession and I know that you have forgiven me. Thank you dear Jesus! Your divine heart is full of love and mercy for poor sinners. I love You dear Jesus; you are so good to me. My loving Savior, I shall try to keep from sin and to love You more each day. Dearest Mother Mary, pray for me and help me to keep all my promises. Protect me and do not let me fall back into sin. Dear God, help me to lead a good life. Without Your grace I can do nothing. Amen.



The Ten Commandments

1. I am the Lord thy God. Thou shall not have strange gods before me.
2. Thou shall not take the Name of the Lord thy God in vain.
3. Remember to keep holy the Lord's day.
4. Honor thy father and thy mother.
5. Thou shall not kill.
6. Thou shall not commit adultery.
7. Thou shall not steal.
8. Thou shall not bear false witness against thy neighbor.
9. Thou shall not covet thy neighbor's wife.
10. Thou shall not covet thy neighbor's goods.

The Great Commandments

1. You shall love the Lord your God with your whole heart, with your whole soul and with all your mind.
2. You shall love your neighbor as yourself.

The Precepts of the Church

1. To assist at Mass on all Sundays and Holy Days of Obligation.
2. To confess your sins at least once a year.
3. To receive Holy Communion during the Easter season.
4. To fast and abstain on the days appointed.
5. You shall help to provide for the needs of the Church.