

# Examination of Conscience

1. **I am the Lord your God, you shall have no other Gods besides me.**
  - § Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves?
  - § Did I fail to pray?
  - § Have I doubted or denied my faith?
  - § Was I careless in saying my prayers? Do I give God time everyday in prayer?
  - § Do I make a god out of my work, my possessions, or my image in the eyes of others so that these rule my life instead of God?
  - § Am I angry toward God because of illness or misfortune?
  - § Have I been involved with magic, horoscopes, Ouija boards, or fortune telling?
2. **You shall not take the name of the Lord your God in vain.**
  - § Did I curse or swear?
  - § Did I use God's name in vain, lightly, carelessly, by blasphemy?
  - § Have I used foul language or jokes?
  - § In conversation, have I passively listened to slander and to jokes demeaning to the Church, or God's authority?
3. **Remember the Sabbath day, to keep it holy.**
  - § Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
  - § Did I leave Mass early without a good reason?
  - § Have I been to communion at least once a year?
  - § Did I receive Holy Communion in the state of serious sin?
  - § Have I been to confession recently?
  - § In any of my previous confessions, did I lie to or deliberately conceal something from the priest?
  - § Have I allowed myself to become so dominated by my work and chores that I have not set aside Sunday for spiritual and family activities?
4. **Honor your father and your mother**
  - § Did I honor and obey my parents?
  - § Did I respect my brothers and sisters?
  - § Did I respect others with lawful authority, especially teachers?
  - § Have I talked back?
  - § Did I fail to help at home or to spend time with my family?
  - § Do I blame my parents for my own shortcomings?
5. **You shall not kill.**
  - § Did I give in to feelings of anger or jealousy?
  - § Did I keep hatred in my heart?
  - § Have I ever struck anyone in anger, intending to injure the person?
  - § Did I fight, give a bad example or cause scandal?
  - § Have I abused alcohol or drugs?
  - § Have I had or in any way permitted or encouraged abortion?
  - § Have I thought about suicide?
6. **You shall not commit adultery**
  - § Did I consent to impure glances? Passionate kisses? Sinful touches?
  - § Did I give my mind over to lustful thoughts or fantasies?
  - § Was I immodest in dress or behavior?
  - § Did I look at pornography, impure books, magazines or videos?
  - § Am I guilty of impurity with myself, premarital sex, adultery, or contraception by pills, devices etc.? Do I live chastely according to my state in life (married, single, ordained)?
  - § Do I live chastely according to my state in life (married, single, ordained)?
  - § Do I avoid laziness, gluttony, idleness and the occasions of impurity?
7. **You shall not steal**
  - § Have I stolen? What or how much?
  - § Did I return it or make up for what I have stolen?
  - § Have I cheated on tests or homework?
  - § Did I waste time at work?
  - § Have I written graffiti (this steals nature's beauty)?
  - § Have I been extravagant in my manner of life, to the neglect of the poor at home and abroad?
8. **You shall not bear false witness against your neighbor.**
  - § Have I lied, gossiped? Talked about another person behind their 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 injured the reputation of others by speaking about their failures and sins with little desire or intention to help them?
  - § Have I condoned prejudice and hatred toward people of other nationalities, races or religions?
9. **You shall not covet your neighbor's wife.**
  - § Have I consented to impure thoughts?
  - § Have I encouraged them by stares, curiosity or impure conversations?
  - § Did I neglect to control my imagination or desire of other people?
  - § Have I rejected my family in my heart, wishing to distance myself emotionally and [personally from them?
10. **You shall not covet your neighbor's goods.**
  - § Is my heart greedy?
  - § Am I jealous of what another has?
  - § Am I envious of others because I don't have what they have?
  - § Do I habitually compare myself with others?
  - § Am I moody or gloomy?
  - § Do I work, study and keep busy to counter idle thoughts?
  - § Am I critical, negative, or uncharitable in my thoughts of others?
  - § Is my heart set on earthly possessions or on the treasures in Heaven?

## Remember

If you need help-especially if you have not received the Sacrament of Reconciliation for long time-simply ask the priest and he will help you walk through the steps to make a good confession.

The priest is Christ "in persona."

## What is necessary for a good confession?

Be truly sorry for your sins. Contrition is the most important act of the penitent, and is necessary for the reception of the sacrament of Penance. Contrition is sorrow of the soul and hatred for the sin committed, together with a resolution not to sin again, out of the love one has for God. CCC 1451  
Genuine and authentic sorrow includes a resolution to avoid committing this sin again. The grace received from the sacrament of Confession, along with the intention to change your life will give you the strength to resist and overcome temptation.

## Sorrow for sins-3 fundamental types, strive for contrition

- Contrition-sorrow of Love, which springs from our hearts, because we have offended God whom we love so much.
- Attrition-sorrow of fear, which proceeds from the fear of the just punishment due
- Sorrow of pride, a sorrow rooted in a self-love which is wounded by our shortcomings. Seeking ourselves in a disordered desire for self-protection.

## Sin in my life

As a Catholic, I should make every attempt to be aware of and recognize sin in my daily actions, words and omissions. It is my responsibility to inform my conscience of what the Church teaches, as society has lost this sense of what is good and evil.

Mortal Sin-A deadly offense against God, so horrible that it actually destroys the life of grace in the soul. 3 conditions must exist: 1.) very serious act against God 2.) person has full knowledge of what is being done 3.) person fully intends to commit this sin (freedom of will).

All mortal sin must be confessed in the Sacrament of Confession.

## After Confession:

Always recognize and give thanks to God's love and Divine Mercy in forgiving you for your sins.

Resolve to return to the Sacrament often. It is a powerful way to heal our brokenness, and to grow in holiness and virtue.

"A clean heart, create for me, O God, and a steadfast Spirit renew within me. Cast me not out from your presence, and your Holy Spirit take not from me. Give me back the Joy of your salvation, and a willing Spirit sustain in me."

Psalm 51:12-14

## How to go to Confession

Go into the confessional, you may either kneel at the screen or sit and talk face-to-face with the priest.

## Begin by making the Sign of The Cross and saying:

"In the name of the Father, and of the Son, and of the Holy Spirit. Bless me Father for I have sinned, my last confession was \_\_\_ weeks/months/years ago."

Tell your sins to the priest, begin with the one/s that are most difficult to say. Remember in order to make a good Confession to confess all mortal sins must be confessed. Confess all the sins you remember since your last good confession.

Conclude by saying: "I am sorry for these and all the sins of my past life."

Listen to the words of the priest. He will assign a penance. Doing the penance will diminish the temporal punishment due to sins forgiven, for which you are truly contrite.

Finally, when invited, express some prayer of sorrow or Act of Contrition.

## An 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, O my God, who are all good and deserving of my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen

Listen to the words of absolution, the sacramental forgiveness of the Church through the ordained Priest. Make the sign of the cross during the blessing. Remember the priest is representing Christ.

Thank the priest, before you leave.

Do your penance as soon as possible.

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# A Teen's Guide for Confession

A good confession begins with a contrite heart, returning to God like the "prodigal son."



"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!"

Pope John Paul II