

Guide to Confession

Make a good examination of conscience before going into confession.

Examination of conscience (*sins which could be mortal sins are italicized*)

- 1. Have I been faithful to God? (Being called to love God with my whole heart, mind, and soul)**
 - a. *Have I missed Mass on Sundays or holy days of obligation?*
 - b. *Have I received communion unworthily?*
 - c. Have I sought God's forgiveness by confessing all the sins I can remember? *Have I deliberately withheld confessing serious sin before?*
 - d. Have I ignored God by neglecting daily prayer?
 - e. Have I spoken God's name in an irreverent way?
 - f. Have I denied my faith in front of others?
 - g. Have I been involved in the *occult, witchcraft, tarot card, seances, etc?*

- 2. Have I been faithful to my parents and family?**
 - a. Have I obeyed my parents? Have I been respectful to them?
 - b. Have I lied to my parents?
 - c. Have I helped foster joy in the home? Am I responsible with chores?
 - d. Have I fought with my brothers and sisters?
 - e. Have I been a bad example to my brothers and sisters?

- 3. Have I tried to be holy? Am I trying to live virtuously and imitating Christ?**
 - a. Have I been unnecessarily angry or resentful toward others?
 - b. Have I been hateful toward others or wished harm upon others?
 - c. Have acted violently toward others? *Have I had or supported someone in having an abortion?*
 - d. *Have I used illicit drugs, abused medications, or abused alcohol?*
 - e. *Have I deliberately hurt myself or ever attempted to take my life?*
 - f. Have I sworn or spoken in a vulgar way?
 - g. Have I gossiped or spoken unkindly or been critical of others?
 - h. Have I always told the truth about myself and about others?
 - i. Have I revealed secrets that should have remained confidential?
 - j. Have I tried to remain pure?
 - k. Have I spoken or thought impurely? *Have I deliberately indulged in lustful thoughts or desires?*
 - l. Have I told crude jokes, or participated in impure conversations?
 - m. *Have I looked at impure images on television, magazines, phone, or Internet?*
 - n. *Have I acted in an impure way with myself or with people of the opposite sex or same-sex?*
 - o. *Have I stolen?*
 - p. Have I been greedy and selfish about the things I want?
 - q. Have I been generous with the things I own?
 - r. Have I been jealous or envious about what others have?
 - s. Have I cheated?
 - t. Have I been disciplined in my school work?
 - u. Have I respected those in rightful authority? *Have I broken any laws?*
 - v. *Have I encouraged others to commit sins?*

Go to confession with a contrite spirit and being resolved not to commit those sins again.

When in confession:

Begin: **“Bless me father for I have sinned, it has been _____ since my last confession and here are my sins.”**

Confess your sins (serious sins we must confess: type of sin and how often committed)

You will be given some advice and a penance

Pray the Act of Contrition (say whatever version you know - below is one version)

Act of Contrition

“O, My God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments; 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 occasions of sin.”

Receive absolution

Make your penance