

# The Method of Confession

*Before approaching the confessional, take sufficient time to examine your conscience and call to mind all serious sins you may have committed since your last confession. An abridged list is printed on the reverse of this card.*

**Bless me father, for I have sinned.**

**My last confession was \_\_\_\_ weeks\years ago.**

**Since then I have...**

*Confess your sins...Tell the priest the sin and number of times or the frequency with which you committed the sin. Be not afraid and don't withhold anything the Lord puts on your heart. Do not be afraid to ask questions or to ask for help!*

**For these sins and all the sins of my life,  
I am truly sorry!**

*The priest may provide some spiritual advice or encouragement. He will then offer you a penance. When he is finished, pray the 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 fear the loss of Heaven and the pains 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 confess my sins, to do penance and to amend my life. Amen.**

*The priest will absolve you of your sins. Make the Sign of the Cross at the invocation of the Most Holy Trinity and depart in peace. Pray your penance as soon as possible and thank God for His merciful kindness!*

# An Examination of Conscience

- I have ignored my conscience and chosen to sin
- I have intentionally failed to confess some mortal sin(s) in my previous Confession
- I have made an idol of money or sex or drugs or something else
- I engaged in occult practices like palm-reading, fortune telling, Ouija, etc
- I have missed Sunday Mass or Holy Days of Obligation purposely or casually
- I have used the Lord's name casually and without due honor
- I have consciously failed to honor, respect, and/or obey my parents and others in authority
- I have mistreated others and/or members of my family by abuse or serious neglect
- I have harbored anger or malice toward others and/or sought revenge
- I have gossiped about another person with malice or with only casual concern for their well-being
- I have insulted or blasphemed the Lord or the Church, even in jest
- I haven't taken my family responsibilities seriously
- I have enticed myself to lust and sin with pornography, romance novels or immoral fantasies
- I haven't forgiven someone in my life
- I have sinned sexually with myself by masturbation
- I have sinned sexually with another by sex outside of marriage or degrading sexual practices
- I have misled or lied to others
- I haven't kept promises I made to the Lord and/or others
- I have cheated or stolen from others
- I have taken pleasure in the suffering of others
- I have been jealous at the blessings of others
- I have been cowardly when opportunities to serve God have been given to me
- I haven't prayed daily
- I haven't prayed for others as I ought
- I haven't confessed my sins regularly (at least once a year required)
- I have received Holy Communion (or any other Sacrament) with the knowledge of grave sin on my heart
- I haven't contributed to the Church as I ought (monetarily or with time and talents)
- I haven't contributed to the poor as I ought
- I haven't sought to grow in the knowledge and love of God as I ought by spiritual sloth or lukewarmness
- I seriously doubted my faith and/or put myself in danger of losing my faith through readings, television, and/or music that is hostile to the Church
- I have failed to be a good example to others