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Open

whenever good you do and suffering you endure, help you grow in holiness, and reward you with eternal life. Go in peace.

PREPARATION: Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession. How have you—on your thoughts, words, and actions—lived in line with the Lord's commandments? "Love the Lord, your God, with all your heart, with all your mind, and with all your strength" (Mt 22:37, 39). As a help, together as a family, read the Ten Commandments (Ex 20:1-17; De 5:6-21; Mt 6:19-23) or the Beatitudes (Mt 5:1-12; Lk 11:21-26; Mt 6:19-23).

GREETING: The priest will welcome you, he may say a short blessing or read a Scripture passage.

THE SIGN OF THE CROSS: Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: "When my Father, for I have sinned, it has been [give date, month, or year] since my last confession."

CONFESSION: Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: "I am sorry for these and all my sins."

PENANCE: The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

expressing sorrow for your sins and receiving an absolution. A suggested Act of Contrition is:

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Lord Jesus Christ,
our gentle and merciful God,
suffered and died for us.
In his name, my God, have mercy.

ABSOLUTION: The priest will extend his hands over your head and pronounce the words of absolution. You respond, "Amen."

PRAY: The priest will usually pronounce the mercy of God and will invite you to do likewise. For example, the priest may say, "God thanks to the Lord for he is good," and your response would be, "His mercy endures for ever" (Book of Penances, no. 47).

DISMISSAL: The priest will conclude the sacrament, often saying, "Go in peace."

If it has been a while since your last confession, remember, "Do not fear" (Lk 4:14). The priest will help guide you. And feel free to take this home to guide with you! For more information, visit www.usccb.org/confession/

http://thelighthouse.blogspot.com/2010/05/guide-to-confession.html

A GUIDE TO CONFESSION

blogspot.com

The basic requirement for a good confession is to have the intention of returning to God like the "prodigal son" and to acknowledge our sins with true sorrow before the priest.

Sin in my Life

Modern society has lost a sense of sin. As a Catholic follower of Christ, I must make an effort to recognize sin in my daily actions, words and omissions.

The Gospels show how important is the forgiveness of our sins. Lives of saints prove that the person who grows in holiness has a stronger sense of sin, sorrow for sins, and a need for the Sacrament of Penance or Confession.

The Differences in Sins

As a result of Original Sin, human nature is weakened. Baptism, by imparting the life of Christ's grace, takes away Original Sin, and turns us back toward God. The consequences of this weakness and the inclination to evil persist, and we often commit personal or actual sin.

Actual sin is sin which people commit. There are two kinds of actual sin, mortal and venial.

Mortal sin is a deadly offense against God, so horrible that it destroys the life of grace in the soul. Three simultaneous conditions must be fulfilled for a mortal sin: 1) the act must be something very serious; 2) the person must have sufficient understanding of what is being done; 3) the person must have sufficient freedom of the will.

Remember

If you need help—especially if you have been away for some time—simply ask the priest and he will help you by "walking" you through the steps to make a good confession.

Before Confession

Be truly sorry for your sins. The essential act of Penance, on the part of the penitent, is contrition, a clear and decisive rejection of the sin committed, together with a resolution not to commit it again, out of the love one has for God and which is reborn with repentance. The resolution to avoid committing these sins in the future (amendment) is a sure sign that your sorrow is genuine and authentic. This does not mean that a promise never to fall again into sin is necessary. A resolution to try to avoid the near occasions of sin suffices for true repentance. God's grace in cooperation with the intention to rectify your life will give you the strength to resist and overcome temptation in the future.

Examination of Conscience

Before going to Confession you should make a review of mortal and venial sins since your last sacramental confession, and should express sorrow for sins, hatred for sins and a firm resolution not to sin again.

A helpful pattern for examination of conscience is to review the Commandments of God and the Precepts of the Church:

1. Have God and the pursuit of sanctity in Christ been the goal of my life? Have I denied my faith? Have I placed my trust in false teachings or substitutes for God? Did I despair of God's mercy?
2. Have I avoided the profane use of God's name in my speech? Have I broken a solemn vow or promise?
3. Have I honored every Sunday by avoiding unnecessary work, celebrating the Mass (also holydays)? Was I inattentive at, or unnecessarily late for Mass, or did I leave early? Have I neglected prayer for a long time?
4. Have I shown Christlike respect to parents, spouse, and family members, legitimate authorities? Have I been attentive to the religious education and formation of my children?
5. Have I cared for the bodily health and safety of myself and all others? Did I abuse drugs or alcohol? Have I supported in any way abortion, "mercy killing," or suicide?
6. Was I impatient, angry, envious, proud, jealous, revengeful, lazy? Have I forgiven others?
7. Have I been just in my responsibilities to employer and employees? Have I discriminated against others because of race or other reasons?
8. Have I been chaste in thought and word? Have I used sex only within marriage and while open to procreating life? Have I given myself sexual gratification? Did I deliberately look at impure TV, pictures, reading?
9. Have I stolen anything from another, from my employer, from government? If so, am I ready to repay it? Did I fulfill my contracts? Did I rashly gamble, depriving my family of necessities?
10. Have I spoken ill of any other person? Have I always told the truth? Have I kept secrets and confidences?
11. Have I permitted sexual thoughts about someone to whom I am not married?
12. Have I desired what belongs to other people? Have I wished ill on another?
13. Have I been faithful to sacramental living (Holy Communion and Penance)?
14. Have I helped make my parish community stronger and holier? Have I contributed to the support of the

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http://thelighthouse.blogspot.com/2010/05/guide-to-confession.html

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A Brief Examination of Conscience

Based on the Ten Commandments

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the Lord your God in vain.

Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the Lord's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Christ's Two Commandments

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ gives us Two Commandments: "He said to him, 'You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: 'You shall love your neighbor as yourself.' The whole law and the prophets depend on these two commandments" (Mt 22:37-40).

Not sure what love is? St. Paul describes it for us in his Letter to the Corinthians: Is this how you love God and others? "Love is patient, love is kind. It is not jealous, (love) is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury; it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails" (1 Cor 13:4-8).

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TEENS

Confession is your chance to ask God for forgiveness and receive His mercy. Before you enter the confessional, take a few moments to gather your thoughts and think about what you may have done to hurt others and what you can do better as a Christian. A sincere Confession is a chance to renew your soul and open yourself to the Grace of God. The following questions are to help you reflect upon what you need mercy for.

- Have I rejected or neglected my faith or not bothered to find out more about it? Have I refused to defend my faith, or been embarrassed of it?
- Have I taken the Lord's name in vain? Have I experimented with the occult or put my trust in fortune-tellers or horoscopes? Have I shown disrespect for any holy things, places or people?
- Have I chosen not to attend Mass on Sundays or Holy Days of Obligation? Have I left God out by not praying?
- Have I received Holy Communion with a grave sin on my conscience? Have I received Holy Communion without proper reverence or thanksgiving?
- Have I been unhelpful at home? Have I lacked love for my parents?
- Have I been impatient, angry or jealous? Have I fostered resentments or been unwilling to forgive? Have I sulked or given in to sarcasm? Have I been hateful or judgemental in thoughts or deeds?
- Have I failed to work properly at school? Have I given in to laziness? Have I treated teachers and other adults with disrespect?
- Have I been violent or taken part in fights? Have I hurt anyone by speaking badly about them or by engaging in gossip on the internet? Have I betrayed secrets or told things simply to hurt others?
- Have I spoken in an obscene way? Have I looked at obscene magazines, websites or videos? Have I been involved in impure behaviour on my own or with someone else?
- Have I told lies to excuse myself, to hurt others or make myself look more important?
- Have I stolen anything? Have I misused or damaged the property of others?
- Have I been jealous of others, of their looks, their popularity, their good work? Do I set my heart on possessing things?
- Have I encouraged others to do wrong in any way?
- Have I consumed alcohol excessively or taken drugs?
- Have I been vain or selfish in my thoughts or actions?
- Have I preferred physical comfort to service of others? Have I neglected the responsibility to bring others closer to God through example and word?

-Text from merriornroadchurch.ie. Meme of Catholics striving for Holiness-

CHILDREN

To help you know what to ask forgiveness for, consider some of these questions

- Have I said my prayers?
- Have I been going to Mass on Sundays?
- Have I taken the Lord's name in vain?
- Have I messed around at Mass or in the church?
- Have I been unhelpful at home?
- Was I sometimes selfish or not loving enough to my parents and family?
- Did I obey my parents and teachers?
- Did I share my toys with others?
- Have I been impatient, angry or jealous?
- Have I been selfish or insisted on getting my own way?
- Have I been lazy at school?
- Have I done my homework as best as I could and been honest in tests?
- Have I taken part in fights?
- Have I hurt anyone by speaking badly about them?
- Have I told lies?
- Have I stolen anything? Have I broken or damaged things that belong to others?
- Have I been giving good example?
- Have I encouraged others to do wrong in any way?
- Have I been selfish in my thoughts or actions?
- Have I been jealous of others?
- Have I excluded anyone from games?
- Have I prayed for others and tried to bring them closer to God?

-Text from merriornroadchurch.ie. Meme of Catholics striving for Holiness-

Given in to lust? This will help you learn about things that you may not be aware of. Habitually come late to and/or leave early from Mass without a good reason? (see examination under the Third Commandment) Fifth Precept of the Church You shall observe the prescribed days of fasting and abstinence. Refused to be open to conception, without just cause? Unjustly inflicted bodily harm on another person? Committed adultery? Provided my children with a positive, prudent and personalized education in the Catholic teaching on human sexuality? (The desire for sexual pleasure unrelated to spousal love in marriage.) Used an artificial means of birth control? Lived in humble obedience to those who legitimately exercise authority over me? Sixth & Ninth Commandments You shall not commit adultery. Fasted on Ash Wednesday and Good Friday (if I am between the ages of 18 and 59)? Eat or drink within one hour of receiving Communion (other than medical need)? Joined a group forbidden to Catholics (Masons, communists, etc.)? Made uninvited and unwelcome sexual advances toward another? GUIDE TO THE EXAMINATION OF CONSCIENCE FOR CONFESSION IN FILIPINO (GABAY SA PAGSUSURI NG BUDHI PARA SA PANGKUKUMPISAL). Performed the penance I was given? horoscopes, fortune tellers, etc.) Been involved in the occult? The Our Sunday Visitor Web site has a good brief Catholic examination of conscience (opens in a new window). (Committing a sin in expectation of forgiveness, or asking for forgiveness without conversion and practicing virtue.) Loved someone or something more than God (money, power, sex, ambition, etc.)? Been involved in an abortion, directly or indirectly (through advice, etc.)? Used vulgar, suggestive or obscene speech? Betrayed another's confidence through speech? Have I... Been living in a valid and licit marriage according to the laws of the Catholic Church? You shall worship the Lord your God and Him only shall you serve. Joined a hate group? Have I supported or voted for a politician whose positions are opposed to the teachings of Christ and the Catholic Church? Refused to accept what God has revealed as true, or what the Catholic Church proposes for belief? Neglected to give my children proper food, clothing, shelter, education, discipline and care (even after Confirmation)? (Sexual activity with someone of the same sex.) Committed rape? Missed Mass on Sunday or Holy Days (through own fault w/o sufficient reason)? Have I broken the law? Driven recklessly or under the influence of alcohol or other drugs? Made reparation for any harm I have done to others? Claimed my own marital right without concern for my spouse? Squandered money in compulsive gambling? (Take something that doesn't belong to me against the reasonable will of the owner.) Envied others on account of their possessions? Read the main article about Catholic morality, or check our home page for other articles about the Catholic faith! Preyed upon children or youth for my sexual pleasure? (Destroying a person's reputation by telling others about his faults for no good reason.) Committed slander or calumny? (Telling lies about another person in order to destroy his reputation.) Committed libel? Received a sacrament while in the state of mortal sin? Freed myself from a consumer mentality? Practiced the works of mercy? Given generously to others in need? (Catechism, 2366) Willfully entertained impure thoughts? It's also a chance to develop your conscience. Ensured that my children still under my care regularly frequent the sacraments of Penance and Holy Communion? Hidden a serious sin or told a lie in confession? Engaged in prostitution, or paid for the services of a prostitute? Failed to honor my part of a contract? Make a false claim to an insurance company? Presumed on God's mercy? Fifth Commandment You shall not kill. Kept company with someone whom I cannot marry in the Catholic Church? (Sexual relations with someone of the opposite sex when neither of us is married.) Engaged in homosexual activity? Fasted an hour before receiving Holy Communion? Read through the items on this list and honestly reflect on your behavior for each item. Let someone or something influence my choices more than God? Sought revenge or hoped something bad would happen to someone? Deliberately misled others about doctrine or the faith? Feel free to share! God bless! Cordially inviting you to visit and like our FB page in www.fb.com/CatholicsstrivingforHoliness or sign-up to our website, www.catholicsstrivingforholiness.com, so we can have a wider apostolic reach and thus help more people in their Christian life. Purposely provoked another by teasing or nagging? (see examination under the Third Commandment) Second Precept of the Church You shall confess your sins at least once a year. Engaged in unnatural sexual activities? Been mean to, quarreled with, or willfully hurt someone? A Catholic examination of conscience traditionally follows the outline of the Ten Commandments and the Precepts of the Catholic Church. The Ten Commandments First Commandment I am the LORD your God. Provided for the religious education and formation of my children for as long as they are under my care? Eighth Commandment You shall not bear false witness against your neighbor. Failed to speak out in defense of the Catholic Faith, the Church, or of another person? Cheated on a test, taxes, sports, games, or in business? Misused places or things set apart for the worship of God? (Seances, ouija board, worship of Satan, etc.) Formally left the Catholic Church? Abandoned my spouse and family by separation or divorce? (If still in school) Obeyed the reasonable demands of my teachers? It's important for a good Catholic examination of conscience to be thorough. Refused to control my temper? Share to help others in their Catholic faith and life. Watched movies and television that involve sex and nudity? Not attend to taking my children to Mass? Considered that God has provided me with money so that I might use it to benefit others, as well as for my own legitimate needs? Neglected the needs of my parents in their old age or in their time of need? Despaired about my salvation or the forgiveness of my sins? You shall not covet your neighbor's goods. Have I... Disobeyed the commandments of God or the Church? Have I... Practiced the virtue of chastity? Spoken about the Faith, the Church, the saints, or sacred things with irreverence, hatred or defiance? Shop, labor, or do business unnecessarily on Sunday or other Holy Days of Obligation? Treated animals cruelly, causing them to suffer or die needlessly? Paid my employees a living wage, or failed to give a full day's work for a full day's pay? Seriously considered or attempted suicide? Nourished and protected my faith? Supported, promoted or encouraged the practice of assisted suicide or mercy killing? Rejected the Catholic faith, joined another Christian denomination, or joined or practiced another religion? Have I... Lied? Gossiped? GUIDE TO THE EXAMINATION OF CONSCIENCE FOR CONFESSION IN FILIPINO (GABAY SA PAGSUSURI NG BUDHI PARA SA PANGKUKUMPISAL). Feel free to share! God bless! Cordially inviting you to visit and like our FB page in www.catholicsstrivingforholiness.com, so we can have a wider apostolic reach and thus help more people in their Christian life. Encouraged others to sin by giving scandal? Tried to live in a spirit of Gospel poverty and simplicity? Fourth Commandment Honor your father and your mother. Belittled others in my speech? Entered into marriage with more than one person at the same time? Failed to keep vows or promises that I have made to God? Committed detraction? Start by praying to the Holy Spirit, asking for help in making a good examination to prepare for Confession. Fourth Precept of the Church You shall keep holy the Holy days of Obligation. (Breaking an oath or lying under oath.) Blamed God for my failings? Unjustly threatened another person with bodily harm? Purposely dressed immodestly? Have I... Fulfilled my Easter duty to receive Holy Communion at least once between the First Sunday of Lent and Trinity Sunday? Been prejudiced, or unjustly discriminated against others because of their race, color, nationality, sex or religion? Masturbated? Sterilized my sex organs for contraceptive purposes? Seventh Precept of the Church You shall observe the laws of the Church concerning marriage. Behaved disrespectfully in Church? If necessary, take this list or some brief notes (keep them private!) to Confession to help you remember things. Watched television or movies, or listened to music that treated God, the Church, the saints, or sacred things irreverently? A good Catholic examination of conscience can be a great help in making a new start in the life of faith. (Incl. Second Commandment You shall not take the name of the Lord your God in vain. Sold or given drugs to others to use for non-therapeutic purposes? Delighted to see someone else get hurt or suffer? Recklessly endangered my life or health, or that of another, by my actions? Purchased, viewed, or made use of pornography? Abused alcohol or other drugs? Third Precept of the Church You shall humbly receive your Creator in Holy Communion at least during the Easter season. The Precepts of the Church First Precept of the Church You shall attend Mass on Sundays and Holy Days of Obligation. Committed a sacrilege against the Blessed Sacrament? (Assuming the worst of another person based on circumstantial evidence.) Failed to make reparation for a lie I told, or for harm done to a person's reputation? Saved images to my phone so you can end with it. D Dear fellow countrymen, I was thinking of those who wish to confess in Filipino or Tagalog. Educated my children in a way that corresponds to my religious convictions? Feigned myself under oath? (Deliberate stimulation of one's own sexual organs for sexual pleasure.) Engaged in sexual foreplay (petting) reserved for marriage? Rejected everything opposed to a sound faith? Used tobacco immoderately? Spent time in prayer, doing spiritual and corporal works of mercy, and practicing self-denial? Knowingly eat meat on a forbidden day (or not fasting on a fast day)? Purposely omitted telling my mortal sins in my last Confession? (Catechism, 2368) Participated in immoral techniques for in vitro fertilization or artificial insemination? Caused serious injury or death by criminal neglect? Indulged in serious anger? We use an examination of conscience to help call to mind our sins and failings during a period of quiet reflection before approaching the priest in Confession. Listened to music or jokes that are harmful to purity? Knowingly and willfully deceived another? (Sexual relations with someone who is married, or with someone other than my spouse.) Committed incest? Seventh & Tenth Commandments You shall not steal. (Sexual relations with a relative or in-law.) Committed fornication? Deliberately desired to kill an innocent human being? Sixth Precept of the Church You shall contribute to the support of the Church. Here's a guide for your examination of conscience. Verbally or emotionally abused another person? Deprived my spouse of the marital right, without just cause? Been to my children a good example of how to live the Catholic Faith? Sometimes it's necessary to use a shorter list. Thanks! Fr. Rolly A., priest of Opus Dei. Have I... Used the name of God in cursing or blasphemy? Seduced someone, or allowed myself to be seduced? Abstained from meat on Ash Wednesday and the Fridays of Lent (if I am 14 years of age or older)? Have I... Done penance every Friday, if not abstaining from meat, then some other form of penance? Have I... Stolen? Have I... Made a good Confession of my mortal sins least once a year? Engaged in superstitious practices? Misused natural resources? This is a critical aid for the beginning Catholic. Hated another person, or wished him evil? You shall not covet your neighbor's wife. Committed perjury? This detailed Catholic examination of conscience should help you reflect on how you are responding to the demands made by the love of God. Have I... Unjustly and intentionally killed a human being? Failed to make good on a debt? Given scandal by living with a member of the opposite sex without the benefit of a marriage blessed by the Catholic Church? Have I... (If still under my parents' care) Obeyed all that my parents reasonably asked of me? Been unforgiving to others, when mercy or pardon was requested? Have I... Set time aside each day for personal prayer to God? (Writing lies about another person in order to destroy his reputation.) Been guilty of rash judgment? Deliberately defaced, destroyed or lost another's property? Received Holy Communion more than twice in one day? Over-eaten? Denied the existence of God? Third Commandment Remember to keep holy the Sabbath day. Overcharge someone, especially to take advantage of another's hardship or ignorance? Prayed with and for my children? Have I... Contributed a just amount of my time, talents and money to support my parish and the work of the Church? Received Holy Communion while in the state of mortal sin? To make an examination: Set aside some quiet time for reflection. Helped another to commit a mortal sin (through advice, driving them somewhere, etc.? Deliberately caused male climax outside of normal sexual intercourse?

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