

- Do I keep secret what should be kept confidential?
9. **You shall not desire your neighbor's wife.**
- Have I consented to impure thoughts?
  - Have I caused them by impure reading, movies, conversations or curiosity?
  - Do I seek to control my imagination?
  - Do I pray at once to banish impure thoughts and temptations?

10. **You shall not desire your neighbor's goods.**
- Am I jealous of what other people have?
  - Do I envy the families or possessions of others?
  - Am I greedy or selfish?
  - Are material possessions the purpose of my life?
  - Do I trust that God will care for all of my material and spiritual needs?

**The Seven Capital Sins and Opposite Virtues:**

Pride.....	Humility
Covetousness.....	Generosity
Lust.....	Chastity
Anger.....	Meekness
Gluttony.....	Temperance
Envy.....	Brotherly Love
Sloth.....	Diligence

**Helpful Scripture Verses to Reflect On**

- “The things that come out of the mouth come from the heart, and they defile. For from the heart come evil thoughts, murder, adultery, unchastity, theft, false witness, blasphemy. These are what defile a person.” (Matthew 15: 18-20).
- 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.” (1 Corinthians 13: 4-6)

**Four Things To Reflect On:**

- How have I sinned in my thoughts?
- How have I sinned in my words?
- How have I sinned in the things I have done?
- How have I sinned in the things I have failed to do?

- Do not follow the example of the pharisees. For they preach but they do not practice. They tie up heavy burdens and lay them on people’s shoulders, but they will not lift a finger to move them. All their works are performed to be seen. They love places of honor at banquets, seats of honor in synagogues, greetings in marketplaces, and the salutation ‘Rabbi.’ (Matthew 23: 3-7)

**Act of Contrition**

O my God, I am heartily sorry for having offended thee, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they have offend thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of thy grace, to confess my sins, to do penance, and to amend my life. Amen

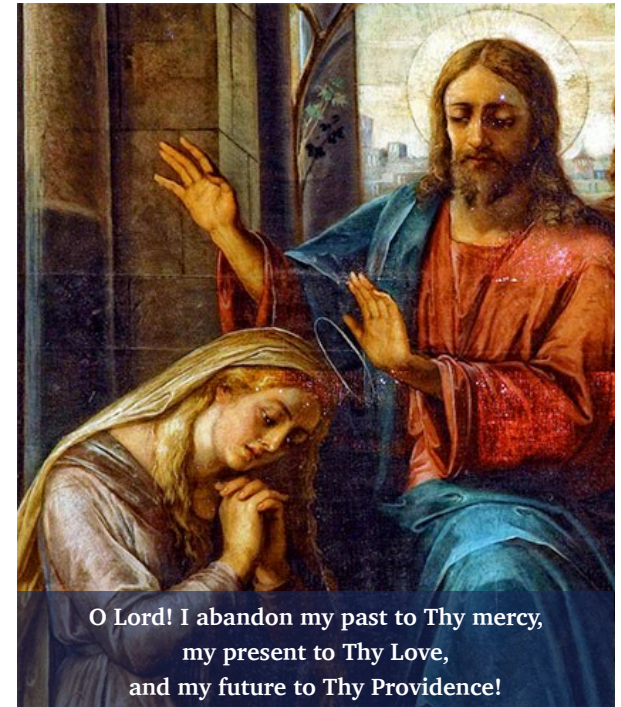
**Prayer After Confession**

O Almighty and most merciful God, who, according to the multitude of Thy tender mercies, hast vouchsafed once more to receive Thy prodigal child after so many times going astray from Thee, to this Sacrament of reconciliation; I give Thee thanks with all the power of my soul for this and all other mercies, graces and blessings bestowed on me, and prostrating myself at Thy sacred feet, I offer myself to be henceforth forever Thine. Oh, let nothing in life or death separate me from Thee! I renounce with my whole soul all the acts of treason against Thee, and all the abominations and sins of my past life.

I renew the promises I made in Baptism, and from this moment I dedicate myself to Thy love and service. Oh, grant me that for the time to come, I may abhor sin more than death itself, and all such occasions and companions, as have unhappily brought me to it. This I resolve to do by the help of Thy divine grace, without which I can do nothing. I beg Thy blessing upon these my resolutions, that they may not be ineffectual like many others I have formerly made, for, O Lord, without Thee, I am nothing but misery and sin. Supply also, by Thy mercy, whatever defects have been in this my confession, and give me grace to be now and always a true penitent. Through the same Jesus Christ Thy Son. Amen.

# The Sacrament of Confession

A Guide to the Sacrament +  
An Examination of Conscience



O Lord! I abandon my past to Thy mercy,  
my present to Thy Love,  
and my future to Thy Providence!

- The Priest will make the sign of the cross. You may begin with the following words: “Bless me, Father, for I have sinned. It has been [days, months, years] since my last confession.
- Confess you sins. The priest will give you a penance and ask you to make your act of contrition (see reverse side for act of contrition).
- The priest will give you absolution and conclude the sacrament. He may say “Give thanks to the Lord for he is good,” to which you will respond “His mercy endures for ever.” He may say “Go in peace.”

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## Prayer Before Confession

To You, O God, Fountain of Mercy, I come, a sinner. May You wash away my impurity. O Sun of Justice, give sight to the blind. O Eternal Healer, cure the wounded. O King of Kings, restore the despoiled. O Mediator of God and man, reconcile the sinful. O Good Shepherd, lead back the straying. O God, have pity on the wretched, show leniency to the guilty, bestow life on the dead, reform the impious, and give the balm of grace to the hard of heart.

O most merciful God, call back the one who flees, draw back the one who resists, lift up the one who falls, support the one who stands, and accompany the one who walks. Do not forget those who forget You. Do not desert those who desert You. Do not despise those who sin against You. For in sinning, I have offended You, my God; I have harmed my neighbor; I have not even spared myself injury.

I have sinned, O my God, against You, almighty Father, because of my weakness; against You, all-knowing Son, because of my ignorance; against You, merciful Holy Spirit, because of my malice. Thus have I offended You, most high Trinity. Woe to me, a pitiful soul! How many, how great, and how diverse are the sins I have committed. I abandoned You, Lord I question Your goodness, by yielding to evil cravings and weakening myself with harmful fears. By such things, I preferred to lose You rather than abandon what I desired, to offend You rather than face what ought not to be feared.

O my God, how much harm have I done by word and deed, and by sinning secretly, openly, and defiantly. Therefore, out of my weakness I beg You not to pay heed to my iniquity, but rather to Your immense goodness. And I beg you mercifully to pardon what I have done, granting me sorrow for my past actions and precaution in the future. Amen.

- Saint Thomas Aquinas

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## Examination of Conscience

### Sins Against The Ten Commandments:

#### 1. I am the Lord your God. You shall not have strange gods before me.

- Do I give God time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved with superstitious practices or have I been involved with the occult?
- Do I seek to surrender myself to God's Word as taught by the Church?
- Have I ever received Communion in a state of mortal sin?
- Have I ever deliberately told a lie in confession or have I withheld a mortal sin from the priest in confession?

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

- Have I used God's name in vain: lightly or carelessly?
- Have I been angry with God?
- Have I wished evil upon another person?
- Have I insulted a sacred person or abused a sacred object?

#### 3. Remember to keep holy the Lord's Day.

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest?
- Do I do needless work on Sunday?

#### 4. Honor your Father and your Mother.

- Do I honor and obey my parents?
- Have I neglected my duties to my spouse and children?
- Have I given my family good religious example?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirm relatives?

#### 5. You shall not kill.

- Have I had an abortion or encouraged anyone to have an abortion?

- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading them into sin?
- Have I been angry or resentful?
- Have I harbored hatred in my heart?
- Have I mutilated myself through any form of sterilization?
- Have I encouraged or condoned sterilization?

#### 6. You shall not commit adultery.

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Have I used any method of contraception or artificial birth control in my marriage?
- Has each sexual act in my marriage been open to the transmission of new life?
- Have I been guilty of masturbation?
- Have I sought to control my thoughts?
- Have I respected all members of the opposite sex, or have I thought of other people as objects?
- Have I been guilty of any homosexual activity?
- Do I seek to be chaste in my thoughts, words and actions?
- Am I careful to dress modestly?

#### 7. You shall not steal

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen?
- Do I waste time at work, school or at home?
- Do I gamble excessively, thereby denying my family of their needs?
- Do I pay my debts promptly?
- Do I seek to share what I have with the poor?

#### 8. You shall not bear false witness against your neighbor.

- Have I lied?
- Have I gossiped?
- Have I spoken behind someone else's back?
- Am I sincere in my dealings with others?
- Am I critical, negative or uncharitable in my thoughts of others?