



# The Light is ON for YOU!

*Celebrate the Sacrament of Reconciliation*

## HOW TO MAKE A GOOD CONFESSION

### 1. Examination of Conscience

Ask the Holy Spirit's help to prayerfully examine your conscience on your conduct in light of the Commandments & Jesus' example.

Remember your sins since the last Confession.

These questions will help you do a thorough examination

#### ***Responsibilities to God:***

Have I gone to Mass every Sunday? And Holy Days of Obligation?

Have I prayed daily? Have I read the Bible?

Have I studied our faith's truths & made them part of me and my life?

Have I recognized my need for Jesus and his salvation?

Have I asked the Holy Spirit to empower me to live the Christian life, to be a proper spouse and parent?

Have I been financially generous to the Church?

Have I participated in parish or religious activities?

Have I held resentments toward the Church, its authorities? Have I forgiven them?

#### ***Responsibilities to Others:***

Have I been patient, kind, gentle and self-controlled?

When my conscience tells me to do good, do I do it or ignore it?

Have I gossiped, mocked, made fun of others?

Have I stolen anything? Have I paid it back?

Have I been selfish or spiteful toward others? Have I been jealous?

Have I held resentments and anger against those with whom I work or study, relatives or friends? Have I forgiven them?

Have I been rebellious, disobedient or disrespectful to my parents? and/or those in authority over me?

Have I been unethical in business, academics, or personal affairs?

Have I stolen, cheated or lied?

Have I allowed the Gospel to influence my political-social opinion?

Have I had a proper Christian concern for the poor and needy?

Have I been angry, nurtured or held grudges and resentments?

Have I been prejudiced toward others because of race, color, religion or social status?

Have I slandered anyone? Have I cultivated hatred?

Have I read pornographic literature or looked at pornographic pictures, shows or movies?

Have I masturbated? Have I engaged in sexual fantasies?

Have I lustfully kissed or touched someone? Have I had sexual intercourse with someone who is not my spouse?

Have I encouraged another to have an abortion or had an abortion myself?

Have I gotten drunk or taken drugs?

Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, channeling, astrology?

#### ***Responsibilities Towards My Spouse:***

Have I been affectionate and loving?

Have I told my spouse that I love him / her?

Have I listened to my spouse?

Have I allowed resentments and bitterness toward my spouse to take root in my mind? Have I nurtured these?

Have I forgiven my spouse for wrongs he / she has committed?

Have I nurtured critical and negative thoughts about my spouse?

Have I tried to bully or overpower my spouse?

Have I spoken sharply or sarcastically to my spouse?

Have I injured my spouse through taunting and negative teasing?

Have I physically abused my spouse? Have I gossiped about him / her?

Have I bickered with my spouse out of stubbornness and selfishness?

Have I lied or been deceitful to my spouse?

Have I used sexual relations solely for my own selfish pleasure?

Have I been loving and physically affectionate in my sexual relations or have I used sexual relations in a way that would be demeaning or disrespectful to my spouse?

Have I refused sex out of laziness, revenge, manipulation?

Have I refused to conceive children out of selfishness or greed?

Have I used artificial means of contraception?

Have I flirted or had improper relationships with someone else, in words and actions?

### **Responsibilities to Children:**

Have I cared for the spiritual needs of my children?

Have I taught my children the Gospel and commandments of God?

Have I prayed with them and been persistent in training & teaching?

Have I disciplined them? Have I been lazy and apathetic?

Have I talked with them to find out problems, concerns and fears?

Have I been affectionate toward them with hugs and told them that I love them?

Have I been impatient and frustrated with them?

Have I corrected them with love to teach them the right and good?

Have I treated them with respect, or spoke sarcastically or in a demeaning way?

Have I held resentments against them? Have I forgiven them?

Have I been a good Christian witness to my children in what I say and do? Do I demand one standard for them and another for myself?

Have I been properly generous with my children regarding money and physical and material well-being?

## **2. Sorrow for Sins**

You must have true sorrow for your sins.

## **3. Resolution Not to Sin Anymore**

Decide to live as God desires. Because of human frailty we will sin again, but if we confess without the desire to leave a sin (e.g. Adultery), there is no absolution of sin.

## **4. Confess Your Sins**

**Greeting:** The priest greets and you make the sign of the Cross, saying: "In the Name of the Father and of the Son and of the Holy Spirit"

You say: "Bless me, Father, for I have sinned. It has been (weeks, months, years) since my last confession."

**Confession:** "These are my sins..."

Mention the gravest sin first, being as specific as possible about relevant circumstances in which the sins was committed.

Ask the priest if you have doubts as to whether a sin is mortal or venial.

Conclude saying: "I repent of all my past sins."

The priests counsels and gives a penance.

**Sorrow:** The priest asks you to offer the Act of Contrition:

***O 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 the help of your grace, to do penance, to sin no more and to avoid whatever leads me to sin. Amen.***

**Absolution:** Priest: God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." (make the sign of the cross and say Amen)

**Dismissal:** Priest: "Give thanks to the Lord for He is good"

Answer: "His mercy endures forever."

Priest: "Go in peace."

Say thank you as you leave.

## **5. Do The Penance**

Fulfill the penance as soon as you are able. Not fulfilling it is a sin.

