

How to Go to Confession

1. You make the sign of the Cross: “In the Name of the Father and of the Son and of the Holy Spirit. Amen.”
2. The Priest says a greeting and may read from Scripture.
3. You begin your confession: “Bless me Father, for I have sinned. It has been _____ (Tell how long it has been) since my last confession. These are my sins: _____ (Tell your sins. If confessing a mortal sin, one should tell how many times and give any necessary circumstances.) Then say: “I am sorry for these and any sins of my past life.”
4. The Priest will give you some advice and assign a penance.
5. Then you make an Act of Contrition:

“O, my God, I am heartily sorry for having offended you, and I detest all my sins because I dread 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 sin no more and to avoid the near occasion of sin. Amen.”
6. The Priest says the words of absolution: God, the Father of mercies, through your death and resurrection of His Son..... I absolve you from your sins in the Name of the Father and of the Son and of the Holy Spirit.” You say: “Amen”.
7. The Priest dismisses you saying “Give thanks to the Lord, for He is good.” You say: “His mercy endures forever.” The Priest says: “The Lord has freed you from your sins: Go in Peace.”

An Examination of Conscience

The Ten Commandments

[1] I, the Lord, am your God, you shall not have other gods besides me.

Have I been more concerned about the things of this world (TV, study, work, music, money, grades) than about my relationship with God? Do I pray each day? When I pray am I attentive to what I am saying? Do I trust God in all things or do I worry and rely only on my own efforts? Have I committed a sacrilege by receiving Holy Communion in the state of mortal sin or profaned a sacred person, place, or thing? Do I fast one hour before I receive Holy Communion? Did I seriously believe in superstition or engage in fortune-telling, horoscopes, or Ouija boards? Am I trying to know and follow the teachings of Christ and His Church? Do I avoid compromising my beliefs because of peer pressure?

[2] You shall not take the name of the Lord, your God, in vain.

Do I use the Name of God disrespectfully? Is my speech vulgar or obscene? Did I try my best to fulfill the promises I made to God.

[3] Remember to keep holy the Sabbath day.

Have I deliberately failed to go to Mass on Sundays and Holy Days of Obligations? When I come to Mass, do I pray or do I refuse to participate in Mass fully? Have I arrived at Mass late without sufficient reason? Did I fast and abstain on the prescribed days? Do I avoid

activity on Sunday that would not be restful for me and interfere with dedicating the Sunday to God?

[4] Honor your father and Mother.

Do I respect and obey legitimate authority? Have I neglected to help my parents, teachers, coaches, etc..? Did I do my house chores? Did I have a disordered desire for independence? When I exercise authority, do I act for the good of others and in the spirit of service?

[5] You shall not kill.

Have I participated in any form of physical violence? Have I had an abortion or encouraged another to do so and would mean automatic excommunication? Do I endanger the safety of others through my own negligence or recklessness? Do I ridicule, tease, or insult others or speak uncharitable about them? Do I care for my health or do I abuse myself with drugs, alcohol, eating too much or not enough?

[6] You shall not commit adultery.

Have I had sex outside of marriage, engaged in inappropriate expression of sexual love which would cause myself or someone else to be tempted to have sex (impure touches or kisses)? Have I masturbated? Do I dress modestly? Have I avoided the near occasion of sin such as impure dances, movies, reading material, etc. ? Have I used contraception? Did I lead others to sins of immodesty or impurity?

[7] You shall not steal.

Have I stolen something that did not belong to me or do I respect the material goods that others own? Am I generous with my talents, skills, time and money with those who are in need? Do I avoid cheating on tests? Have I been lazy in my work? Do I take care of the things that I own and share with those who don't have? If I stole anything did I try to give it back or make up for it?

[8] You shall not bear false witness against your neighbor.

Do I speak the truth or have I told a lie or exaggerated? Have I kept secrets that others have told me? Do I avoid rashly judging others and their motives? Have I unjustly accused others? Did I engage in gossip, back-biting, or tale-telling? Do I avoid destroying the good reputation of someone else?

[9] You shall not covet your neighbor's wife.

Have I had lustful thoughts toward another or entertained impure thoughts? Do I avoid impure books, magazines, and movies? Do I avoid impure looks towards someone? Did I consent to impure acts even though I may not have carried them out? Did I engage in impure conversations?

[10] You shall not covet your neighbor's goods.

Did I desire to steal? Am I jealous of another person's gifts, talents, accomplishments or possessions? Am I greedy? Do I avoid letting material possessions occupy too much of my time when I should be doing other important things?

Conditions for a Mortal Sin:

1. Grave matter.
2. Sufficient reflection.
3. Full consent of the will.

Reminder: A person who is conscious of having committed a mortal sin cannot receive Holy Communion unless he or she first goes to confession.

Capital Sins:

Pride, Greed, Lust, Anger, Gluttony, Envy, and Sloth

Prayer's

Our Father

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed are thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Apostle's Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day, he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those most in need of your mercy.