

JMJ
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The Sacrament of Reconciliation

Conditions for a Good Confession

1. Examination of Conscience – complete an honest and thorough examination of conscience.
2. Remorse or Genuine Sorrow for Your Sins
3. Resolve Not to Sin Again – promise to try your very best not to sin again.
4. Confession of Sins to a Priest
5. Completion of Your Penance – complete the prayer or good work given to you by the priest.

How To Go To Confession

1. Go into the confessional or sit down across from the priest and make the sign of the cross (say **“In the Name of the Father, and of the Son, and of the Holy Spirit”**).
2. Say: **“Bless me Father for I have sinned. My last confession was _____ . These are my sins.”**
3. Tell the priest your sins, including how many times you committed each one if you are able. When finished saying your sins, say: **“I am sorry for these sins and all the sins of my past life.”**
4. The priest will talk to you and give you advice.
5. The priest will give you penance (a prayer or good action) to complete. He will then ask you to say the Act of Contrition.
6. The priest will then give you absolution and dismiss you saying: *“Your sins are forgiven, go in peace.”* To which you reply: **“Thanks be to God”** or **“Amen”**
7. Leave the confessional and complete your penance.

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 Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

Examination of Conscience

“I am the Lord, your God. You shall have no other gods besides me.”

1. Have I doubted or denied God’s existence?
2. Have I been ungrateful to God for His gifts and blessings?
3. Have I wanted more things, making things or money more important than God?
4. Have I made an idol of sports or entertainment figures?
5. Have I allowed my phone or social media to take the place of God?
6. Do I rely completely on myself and not God?
7. Have I abandoned the Catholic Faith?
8. Have I joined a non-Catholic church or an anti-Catholic group?
9. Have I refused to believe any truths of the Faith or any teachings of the Church?
10. Did I fail to profess or defend the Catholic Faith?
11. Have I failed to go to confession at least once a year?
12. Have I been faithful in my daily prayer and prayed every day?
13. Have I practiced any superstitions? Have I put faith in the occult, Ouija boards, horoscopes, or anything other than God?
14. Have I held onto things that keep me away or separate from God?

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

1. Have I taken the Lord’s name in vain? Have I used the name of Jesus, God, Mary, or the saints carelessly, disrespectfully, in anger, or surprise?
2. Do I speak disrespectfully of holy persons, places, or things?
3. Have I cursed myself or others? Have I used words or phrases such as “damn you” or “go to hell”?

4. Do I use profanity or swear? Do I use bad or offensive language?
5. Have I called down evil upon anyone or anything?
6. Have I angered others so as to make them curse?

“Remember to keep holy the Lord’s Day.”

1. Did I miss Mass on a Sunday or Holy Day of Obligation (on a day that I am required by the Church to attend Mass)?
2. Did I arrive to Mass late or leave early?
3. Did I receive Holy Communion in a state of (without confessing) mortal sin?
4. Have I been disrespectful while receiving the Most Blessed Sacrament?
5. Have I been willfully distracted during Mass? Have I spent time on my phone or daydreaming during Mass?
6. Do I distract others during Mass?
7. Have I done unnecessary work on Sunday?
8. Have I performed a sacrilege by destroying, defacing, or disrespecting holy items?

“Honor your father and mother.”

1. Have I disobeyed, insulted, or shown disrespect to my parents or legitimate superiors?
2. Did I neglect my duties to my parents or family?
3. Have I done my chores without complaining or needing excessive reminding?
4. Have I been disrespectful to teachers, coaches, or others in authority?
5. Did I neglect to give a good example to my family and friends?
6. Am I disrespectful, rude, or unloving towards my family?
7. Did I cause tension and fights in my family?
8. Did I care for my aged and infirmed relatives?
9. Was I charitable and kind to relatives or selfish and unkind?
10. Did I take an active interest in my own Faith Formation?

“You shall not kill.”

1. Did I kill or physically injure someone?

2. Have I entertained thoughts of suicide, desired to commit suicide, attempted suicide, assisted in, or encouraged suicide?
3. Have I carelessly or needlessly placed others in harm's way?
4. Have I failed to help someone in danger or in need?
5. Do I drink or smoke excessively or abuse prescribed or unprescribed drugs?
6. Do I deliberately harbor unkind and revengeful thoughts about others?
7. Have I taken revenge?
8. Do I keep my patience or do I lose my temper?
9. Have I been unfair to others, especially those who are different than I am?
10. Have I used harsh or abusive language towards others?
11. Have I spread negativity through my words or actions?
12. Is there anyone with whom I refuse to speak, or against whom I bear a grudge?
13. Have I taken pleasure in anyone's misfortunes?
14. Have I led others to sin through actions or words?

“You shall not commit adultery” and “You shall not covet your neighbor’s wife”.

1. Did I commit impure acts with another?
2. Did I commit impure acts by myself?
3. Do I engage in homosexual acts?
4. Have I willfully entertained impure thoughts or desires?
5. Do I respect all members of the opposite sex, or have I objectified them?
6. Have I read, listened to, viewed, or spoken of impure things such as pornography or lewd magazines?
7. Have I worn revealing or immodest clothing? Have I maintained modest and pure body language?
8. Do I show respect for my body?
9. Do I take care of my body by eating well, exercising, and getting enough sleep?
10. Have I given into occasions of impurity?

11. Have I been jealous of the friends or relationships that another person has?

“You shall not steal.”

1. Have I stolen money or property?
2. Have I used money responsibly or have I spent money recklessly?
3. Have I cheated in school or games? Have I broken copyrights or plagiarized?
4. Have I failed to return or make up for what I have stolen?
5. Have I intentionally damaged property?
6. Have I knowingly accepted or bought stolen property?
7. Have I helped someone steal?
8. Have I failed to make up for my stealing, cheating, and frauds?
9. Do I gamble even though I am underage?
10. Have I borrowed without permission?
11. Have I failed to return things borrowed?
12. Did I waste time at work, school, or at home?
13. Have I cheated my employer, parents, or teachers?
14. Have I refused or neglected to help anyone on urgent need?

“You shall not bear false witness against your neighbor.”

1. Have I lied deliberately?
2. Do I play fairly or do I cheat at school or games?
3. Have I deliberately misled or deceived anyone?
4. Did I gossip or reveal others' faults or sins?
5. Have I failed to keep promises or oaths? Have I told the truth when called upon by authority figures to do so?
6. Have I signed false documents or gotten and used a fake ID?
7. Have I failed to stop the spread of lies about another person when I knew they were not true?
8. Have I revealed secrets or betrayed trust?

9. Do I make false judgments and harbor false suspicions?
10. Have I failed to forgive someone or help a grudge?
11. Have I failed to apologize or make amends?
12. Have I hurt someone by what I have said or done?
13. Did I fail to keep secret what should be confidential?
14. Have I told another's sins without serious reason?

“You shall not covet anything that belongs to your neighbor.”

1. Am I greedy or selfish?
2. Am I envious or jealous of someone's possessions, talents, or blessings?
3. Have I nagged my parents into buying things because my friends have them?
4. Do I indulge in self-pity?
5. Am I proud, vain, or desire to be praised?
6. Have I exaggerated my success?
7. Have I minimized or made excuses for my failures?
8. Have I measured my own charity and goodness by what I am able to do and give, rather than my individual ability?