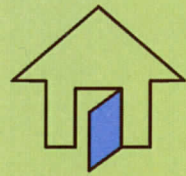


# EXAMINATION OF CONSCIENCE

Looking at a list of sins can be pretty intimidating. It is important to look at these questions honestly and know that God already knows our sins. Confession is for our own healing and God cannot wait to forgive us.



WELCOME HOME  
TO HEALING

## ACT OF CONTRITION

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.

- Do I pray to God every day? Have I thanked God for his gifts for me?
- Did I put my faith in danger through readings contrary to Catholic teachings or involvement in non-Catholic sects? Did I engage in superstitious practices: palm reading or fortune telling?
- Did I take the name of God in vain? Did I curse or take a false oath?
- Did I miss mass on Sundays or holy days of obligation through my own fault? Am I attentive at Mass? Did I keep fast and abstinence on the prescribed dates?
- Did I disobey my parents and lawful superiors in important matters?
- Did I hate or quarrel with anyone, or desire revenge? Did I refuse to forgive? Was I disrespectful?
- Did I get drunk? Did I take illicit drugs?
- Did I consent to, recommend, or actively take part in abortion?
- Did I willfully look at pornography, entertain impure thoughts, or engage in impure conversation or actions? Did I use artificial means to prevent conception?
- Was I unfaithful to my spouse? Did I engage in sexual activity outside of marriage?
- Did I steal or damage another's property? Have I been honest or just in my business relations?
- Have I been responsive to the needs of the poor and respected the dignity of others?
- Did I tell lies? Did I sin by calumny, or detraction, of others? Did I judge others rashly in serious matters?
- Have I envied other people?



# **GUIDE TO CONFESSION**

## **PREPARE**

**Pray to the Holy Spirit for the wisdom to know your sins and the courage to confess them. Take a look at an Examination of Conscience for guidance.**

## **BEGIN**

**Start with the sign of the cross and tell the priest how long it's been since you last went to confession. If it's been awhile, that's okay, just let the priest know.**

## **CONFESS**

**Name all of the sins that come to mind based on your examination of conscience.**

## **LISTEN**

**Listen to the advice the priest gives you based on your confession. Remember the Penance he gives you, which is to be completed after your confession.**

## **PRAY**

**Pray the Act of Contrition. There are a few versions. Use whichever one you remember. If you have forgotten, don't worry. Tell the priest and he will help you through it.**

## **BE FORGIVEN**

**Be attentive as the priest prays the Prayer of Absolution. Respond, "Amen," and rejoice in knowing that your sins are completely forgiven.**

## **GO IN PEACE**

**The priest will conclude with, "Your sins are forgiven, go in peace," or similar words. Respond, "Thanks be to God!"**