



SAINT ROSE OF LIMA

How to go to confession

1. The priest will welcome you.

2. Make the sign of the cross when he says:

“In the name of the Father and of the Son and of the Holy Spirit. Amen.”

3. Say: **“Bless me Father for I have sinned. It has been (how long) since my last confession. These are my sins...”**

4. Tell the priest your sins.

Mortal sins should be confessed with number and kind, for example I skipped Sunday Mass ___ number of times ...

5. When you are finished with your sins say:

“For these and all of my sins, I am truly sorry.”

6. The priest will give you a penance. (prayers, act of charity, etc.)

7. Pray an Act of Contrition

For example:

O my God, I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things. I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin. Through the merits of the Passion of our Savior Jesus Christ, Lord, have mercy.

8. Receive God’s forgiveness as the priest prays the prayer of absolution.

9. At the end of the prayer of absolution, say: **“Amen.”**

10. When the priest says: “Give thanks to the Lord, for He is good,” respond: **“His mercy endures forever.”**

11. Go in peace and say or do your penance.



Examination of Conscience for Seniors



Have I permitted myself to watch movies or read books which are not edifying, which depict morally inappropriate scenarios ?

- Am I cohabitating, living with someone as if they were my spouse?

Have I indulged my love of sweets or snack foods, to the detriment of my health?
Have I continued to smoke heavily, or to consume alcoholic beverages excessively?
Have I been immoderate in any activity, such as watching too much TV?

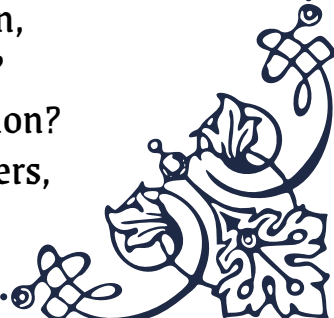

Have I been a “busybody,” unkind to a neighbor either by my thoughts or by my actions?
Have I been kind to a family member or loved one, or was I critical or hurtful?
Have I been mean or resentful to people younger than myself?
Do I complain constantly to those around me?
Do I gossip or tell stories to make others look bad?

Have I used my physical limitations as an excuse for laziness?
Have I neglected prayer sat around the house when I might have helped?

Was I unkind (or downright rude,) impatient with a visitor,
crabby when things didn’t go just the way I wanted?
Did I complain if someone took me to a restaurant or public place,
and we had to wait for service?
Did I criticize my doctor, my caretaker, my child, for not serving me better?

Was I jealous of attention paid to someone else, wanting everyone to notice me instead?
Did I feel angry because someone else had more money, or better health, or
because my grown children did not have enough time to spend with me?
Did I compliment someone who looked good, or did I have harsh words to say?

Have I practiced the virtue of Humility? For example:
Did I accept a compliment graciously but then move on,
refusing to keep the attention turned toward myself?
Was I willing to let someone else be the center of attention?
Did I feel grateful for the kindness of my family and others,
and appreciative of my caregiver’s efforts?





Examination of Conscience for Parents



Do I bring my children to mass every Sunday and Holy Day of Obligation?
Have I shown consistent love, patience, and understanding toward my children?
Am I quick to forgive their mistakes and offer encouragement,
or do I tend to be overly critical?

Do I make time for prayer, Mass, and spiritual formation in our family life?
Am I actively teaching my children about the Catholic faith and encouraging them to grow in
their relationship with God?



Do I correct my children with kindness and consistency, aiming to teach rather than punish?
Have I been fair and just in setting boundaries and expectations?

Do I foster a strong, loving relationship with my spouse,
showing respect and cooperation in our parenting?
Am I supportive of my spouse, presenting a united front
when disciplining or making family decisions?

Am I modeling Christian virtues like humility, patience, and charity in my daily life?
Do I make time for personal prayer and growth in holiness, recognizing that my example
shapes my children's faith?

Do I spend quality time with my children rather than being distracted by technology?
Am I present to my children emotionally, listening to their thoughts, worries, and dreams?
Do I foster open communication, encouraging them to express themselves and assuring them
that I am available and supportive?
Have I balanced work, rest, and family time ?

Do I encourage my children to be witnesses to Christ in the world?
Have I protected my children from harmful influences ?
Do I model a sense of responsibility toward others,
teaching my children to care for the poor, the sick, and those in need?





Examination of Conscience for Teens



Do I attend Mass every Sunday and Holy Day of Obligation?
Have I made time for daily prayer and attended Mass regularly?
Do I trust in God's love and guidance, or do I rely only on myself?
Have I used God's name with reverence, or have I taken it in vain?
Do I seek God's will in my life, or do I ignore Him when it's inconvenient?



Have I been kind, respectful, and patient with my family and friends?
Have I hurt others with my words or actions, such as through teasing, gossiping, or bullying?
Do I forgive others when they hurt me, or do I hold grudges and refuse to let go of anger?
Have I been a good friend, listening and supporting others, or have I been selfish and dismissive?

Have I been honest in my schoolwork, relationships, and conversations?
Do I cheat or lie to avoid consequences, or to make myself look better?
Do I keep my promises, or do I break them when it's easier or more convenient?

Am I responsible with my thoughts, words, and actions, especially in relationships?
Do I respect my body and the bodies of others, avoiding anything that leads to impurity or temptation?
Do I take care of my body and mind, avoiding things like unhealthy media, addictions, or behaviors that dishonor God?

Do I spend my time wisely, focusing on school, family, and activities that help me grow?
Have I wasted time on things that distract me from God, such as excessive screen time or meaningless activities?
Do I make time to serve others and live out the Gospel in my daily life?

Do I stand up for my faith, even when it's hard, or do I give in to peer pressure?
Am I a witness to Christ in my actions, showing others His love and mercy?
Do I try to live as a good example to others, or do I follow the crowd and make choices that don't reflect my beliefs?





Examination of Conscience for Children

Love for God

Have I said my prayers and talked to God today?
Do I love God with all my heart, or do I forget about Him sometimes?
Have I used God's name with respect, or have I said it in a way that is not kind?

Obeying Parents and Teachers

Have I obeyed my parents and teachers right away, with a happy heart?
Did I argue, complain, or ignore what they asked me to do?
Have I shown respect to my parents and teachers, or have I been rude or disobedient?

Kindness to Others

Have I been kind and helpful to my brothers and sisters, friends, and others?
Did I share what I have, or was I selfish and kept everything for myself?
Have I said unkind things, hurt someone's feelings, or made fun of others?

Telling the Truth



Have I told the truth today, or did I lie to avoid getting in trouble?
Did I keep my promises, or did I forget or break them?
Have I confessed when I made a mistake, or did I hide it?

Respecting Myself and Others

Have I respected my own body and the bodies of others?
Did I keep my hands and words kind, or did I hurt others by what I did or said?
Have I treated everyone with love, no matter if they are different from me?

Saying Sorry and Forgiving

Have I said "I'm sorry" when I hurt someone, even if it was by accident?
Did I forgive others when they hurt me, or did I stay mad at them?
Have I prayed for the people I had trouble with, asking God to help us get along?





Examination of Conscience for Married Couples

Have I shown love, kindness, and respect toward my spouse every day?

Do I prioritize my spouse's needs, both emotional and physical, or have I been neglectful?
Am I patient and understanding when my spouse makes mistakes, or do I react with anger?
Have I been quick to forgive, or have I held onto grudges or resentment?

Have I communicated openly, respectfully and honestly with my spouse?

Do I listen to my spouse with empathy, without interrupting or dismissing their thoughts?
When conflicts arise, do I approach them with humility, seeking reconciliation?
Have I used hurtful words or actions during disagreements, or have I been gentle and patient?

Am I faithful to my spouse in thought, word, and deed, honoring our marriage vows?

Do I guard my thoughts and actions to avoid
anything that could lead me into temptation or dishonor my spouse?
Have I been respectful of the gift of sexuality in our marriage, using it in a way that is loving,
life-giving, and open to God's plan?
Have I avoided inappropriate relationships, or allowed any infidelity to enter my life?

Do I encourage and uplift my spouse in difficult times, or do I criticize or discourage them?

Have I helped my spouse grow in their faith, praying together?
Do I take care of my spouse's physical well-being, showing concern for their health?

Have I fostered a positive, loving atmosphere in our home,
or have I contributed to conflict or negativity?

Do I make time for family prayer and spiritual growth, ?



Have I made sacrifices for the good of my spouse and our family?

Do I manage our time and resources wisely, using them to serve God and our family's needs?
Have I been generous with my spouse, or have I been selfish in my actions or attitude?

Do I pray for and with my spouse, asking God to help us grow in holiness together?

Do I make sure we attend mass every Sunday and Holy Day of Obligation?

Am I open to God's will for our marriage,
trusting in His plan for our family, even in difficult times?





Examination of Conscience Single Adults

Do I attend Mass every Sunday and Holy Day of Obligation?

Have I made time for daily prayer to deepen my relationship with God?

Do I trust God's plan for my life, or do I struggle with impatience or anxiety about my future?

Have I put God first in my life, seeking His will above my own desires?

Do I turn to God in times of difficulty, or do I rely solely on my own strength?

Have I maintained chastity in my thoughts, words, and actions?

Do I avoid situations or media that lead me to impurity or temptation?

Am I respectful of the dignity of others, not treating them as objects?

Have I kept boundaries in my relationships, particularly in romantic or physical matters, in accordance with God's plan for purity?

Am I honest with myself and others, being truthful in my words and actions?

Do I keep my promises and commitments?

Have I acted with integrity in my work, studies, and relationships, or have I taken shortcuts or been dishonest to avoid consequences?

Do I treat family, friends, and coworkers, with kindness, patience, and respect?

Have I been quick to forgive others when they hurt me, or do I hold grudges?

Do I gossip, judge, or speak negatively about others,?

Have I been a good friend, offering support and listening without being overly critical?

Do I make time to serve others, especially those in need or marginalized?

Am I generous with my time, talents, and resources?

Do I show compassion and kindness to those around me?



Am I responsible in managing my time and resources?

Do I take the time to nurture my spiritual life, seeking to grow in virtue, faith, and love?

Am I open to God's calling in my life?

Do I trust that God's plan for me, even if it doesn't align with my own expectations?

Have I been open to the possibility of growth in my vocation,
and do I pray for discernment in understanding God's will for my future?



Common Prayers

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, full of grace, the
Lord is with thee.
Blessed art 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 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.

Suscipe

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.

Memorare

Remember O Most gracious Virgin Mary, that never was it known,
that anyone who fled to thy protection, implored thy help,
or sought thy intercession was left unaided. Inspired by this confidence,
I fly unto thee, O Virgin of Virgins my mother.
To thee do I come, before thee I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions, but in thy mercy,
hear and answer me. Amen.

Prayer of Abandonment

Father, I abandon myself into your hands;
do with me what you will.
Whatever you may do, I thank you:
I am ready for all, I accept all.
Let only your will be done in me,
and in all your creatures -
I wish no more than this, O Lord.
Into your hands I commend my soul:
I offer it to you with all the love of my heart,
for I love you, Lord, and so need to give myself, to surrender
myself into your hands without reserve, and with boundless
confidence, for you are my Father.

Hail, Holy Queen, Mother of Mercy,

our life, our sweetness and our hope.
To thee do we cry,
poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
thine eyes of mercy toward us,
and after this our exile, show unto us the
blessed fruit of thy womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.
Pray for us, O Holy Mother of God
That we may be made worthy of the promises of Christ.

St Michael the Archangel,

Defend us in battle. Be our protection against the wickedness
and snares of the devil. May God rebuke him, we humbly pray,
and do thou O Prince of the heavenly hosts,
by the power of God, cast into hell,
Satan and all the evil spirits who
prowl about the world seeking the ruin of souls.
Amen.