



CONFESSION GUIDE AND EXAMINATION OF CONSCIENCE

Confession Guide and EOC

How to Go to Confession

1. Pray to the Holy Spirit for self-knowledge and trust in the mercy of God. Examine your conscience, be truly, sorry for your sins, and resolve to change your life.
2. Go to the priest and begin with the Sign of the Cross. Welcoming you, the priest will say: "May God, who enlightened every heart, help you to know your sins and trust in his mercy," or similar words taken from Scripture. You answer, "**Amen.**" Then say, "**Bless me, Father, for I have sinned. It has been _____ weeks/months/years since my last confession.**"
3. Confess your sins openly and candidly. Tell the priest of all mortal sins and the number of times each was committed, and then confess your venial sins. If you do not know whether a sin is mortal or venial, ask the priest. If you have no mortal sins, confess venial sins you have committed since you last confession; you may also mention some mortal sins from your past life for which you are particularly sorry, indicating that it has already been confessed.
4. Then listen to the priest for whatever counsel he may judge appropriate. If you have any questions about the faith, how to grow in holiness, or whether something is a sin, feel free to ask him. Then the priest will assign you a penance.
5. Pray the Act of Contrition:

O my God, I am sorry for having offended You. In choosing to do wrong and failing to do good, I have offended 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.

6. Listen as the priest absolves you of your sins and enjoy the fact that God has truly freed you from all of your sins. If you forgot to confess a mortal sin, you are still forgiven, but **must** mention it the next time you go to confession.

Do the penance the priest assigns you.



Confession Guide and EOC

Examination of Conscience

I. I am the Lord your God, you shall have no other gods besides me.

Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless in saying my prayers? Do I give God time everyday in prayer? Do I make a god out of my work, my possessions, or my image in the eyes of others so that these rule my life instead of God? Am I angry toward God because of illness or misfortune? Have I been involved with magic, horoscopes, Ouija boards, or fortune telling?

II. You should not take the name of the Lord your God in vain.

Did I curse or swear? Did I use God's name in vain, lightly, carelessly, by blasphemy? Have I used foul language or jokes? In conversation, have I passively listened to slander and to jokes demeaning to the Church, or God's authority?

III. Remember the Sabbath Day, to keep it holy.

Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I leave Mass early without a good reason? Have I been to Communion at least once a year? Did I receive Holy Communion in the state of serious sin? Have I been to confession recently? Have I allowed myself to become so dominated by my work and chores that I have not set aside Sunday for spiritual and family activities?

IV. Honor your father and your mother.

Did I honor and obey my parents? Did I respect my brothers and sisters? Did I respect others with lawful authority, especially teachers? Have I talked back? Did I fail to help at home or to spend time with my family? Do I blame my parents for my own shortcomings?

V. You shall not kill.

Did I give in to feelings of anger or jealousy? Did I keep hatred in my heart? Have I ever struck anyone in anger, intending to injure the person? Did I fight; give a bad example or cause scandal? Have I abused alcohol or drugs? Have I had or in any way permitted or encouraged abortion? Have I thought about suicide? Have I killed someone? Have I killed someone with gossip or by what I said?



Confession Guide and EOC

VI. You shall not commit adultery.

Did I consent to impure glances? Passionate kisses? Sinful touches? Did I give my mind over to lustful thoughts or fantasies? Was I immodest in dress or behavior? Did I look at pornography, impure books, magazines, or videos? Am I guilty of impurity with myself or with others? Do I avoid laziness, gluttony, idleness, and the occasions of impurity?

VII. You shall not steal.

Have I stolen what is not mine? What or how much? Did I return it or make up for what I have stolen? Have I cheated on tests or homework? Did I waste time at work? Have I been extravagant in my manner of life, to the neglect of the poor at home and abroad?

VIII. You shall not bear false witness against your neighbor.

Have I lied or gossiped? Talked about another person behind their back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept confident? In any of my previous confessions, did I lie to or deliberately conceal something from the priest? Am I critical, negative or uncharitable in my talk? Have I injured the reputation of others by speaking about their failures and sins with little desire or intention to help them? Have I condoned prejudice and hatred toward people of other nationalities, races, or religions?

IX. You shall not covet your neighbor's wife.

Have I consented to impure thoughts? Have I encouraged them by stares, curiosity or impure conversations? Did I neglect to control my imagination or desire of other people? Have I rejected my family in my heart, wishing to distance myself emotionally and personally from them?

X. You shall not covet your neighbor's goods.

Is my heart greedy? Am I jealous of what another has? Am I envious of others because I don't have what they have? Do I habitually compare myself with others? Am I moody or gloomy? Do I work, study and keep busy to counter idle thoughts? Am I critical, negative, or uncharitable in my thoughts or others? Is my heart set on earthly possessions or on the treasures in heaven?

