

# Confession Guide

- Pray
- Examine your Conscience

## Act of Contrition

*O my God, I am heartily sorry for having offended Thee. 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 Thee, my God Who are all good and deserving of all my love. And I firmly resolve with the help of Thy grace to confess my sins, to do penance and to amend my life. Amen.*

## 10 Commandments

### FIRST COMMANDMENT

**"I am the Lord your God. You shall not have strange gods before Me.**

- Did I love God with my whole heart?
- Did I give time to God each day in prayer?
- Did I willfully doubt or deny that God exists?
- Did I deny that I was Catholic?
- Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV fame, pleasure, property, etc?

### SECOND COMMANDMENT

**"You shall not take the Name of the Lord your God in vain"**

- Did I pay attention to the way my words affect others? Said hurtful things when angry or upset?
- Did I curse or misuse God's name carelessly or uselessly to express anger or frustration?
- Did I break a promise, oath or vow in God's name?

### THIRD COMMANDMENT

**"Remember to keep holy the Sabbath Day"**

- Did I miss Mass on a Sunday or Holy Day of Obligation through my own fault?
- Did I come to Mass on time? Leave early?
- Did I do work on Sunday that was not necessary? Is Sunday as a day of rest and a family day?
- Have I taken time each week to pray and worship?
- Did I show reverence in the presence of Jesus in the Most Blessed Sacrament?

## FOURTH COMMANDMENT

### "Honor your father and your mother."

- Did I disobey or disrespect my parents or legitimate superiors?
- Did I neglect my duties to my parents, husband, wife, or children?
- Did I neglect to give good religious example to my family?
- Did I fail to actively take an interest in the religious education and formation of my children?
- Did I fail to educate myself on the true teachings of the church?
- Did I give scandal by what I said or did, especially to the young?
- Did I cause tension and fights in my family?
- Did I care for my aged and infirm relatives?

## FIFTH COMMANDMENT

### "You shall not kill"

- Did I value the life of each person I encounter?
- Did I take care of myself and encourage others to take good care of themselves?
- Did I get angry, impatient, envious, unkind, proud, revengeful, jealous, hateful toward another, lazy?
- Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?
- Did I kill or physically injure anyone?
- Did I have an abortion, or advise someone else to have an abortion?
- Did I attempt suicide?
- Did I take part in or approve of "mercy killing" (euthanasia)?

## EIGHTH COMMANDMENT

### "You shall not bear false witness against your neighbor"

- Did I lie? Did I deliberately deceive or try to mislead others?
- Did I injure others by lies?
- Did I gossip or reveal others' faults or sins?
- Did I fail to keep secret what should be confidential?

## SIXTH & NINTH COMMANDMENT

### "You shall not commit adultery"

- Did I value and respect my sexuality?
- Did I respect others and try to develop healthy relationships, or have I thought of other people as objects?
- Did I try to control my thoughts? Did I willfully entertain impure thoughts or desires?
- Did I avoid the occasions of impurity?
- Did I use impure or suggestive words? Tell impure stories? Listen to them?
- Did I deliberately look at impure TV, videos, plays, pictures or movies? Deliberately read impure materials or seek impure websites?
- Did I commit impure acts by myself (masturbation)?

## SEVENTH & TENTH COMMANDMENT

### "You shall not steal" "You shall not covet your neighbor's goods"

- Did I steal, cheat, help or encourage others to steal or keep stolen goods?
- Have I made restitution for stolen goods?
- Did I fulfill my contracts; give or accept bribes; pay my bills; rashly gamble or speculate; deprive my family of the necessities of life?
- Did I waste time at work, school or at home?
- Did I give a full day's work for a full day's pay?
- Did I give a fair wage to my employees?
- Did I envy other people's families or possessions?
- Did I make material possessions the purpose of my life?

## Other Sins

- Did I go to Holy Communion in a state of mortal sin? Without fasting (water and medicine permitted) for one hour from food and drink?
- Did I make a bad confession?
- Did I marry or advise anyone to marry outside the Church?

# Rite of Eucharistic Exposition & Benediction

## • Kneel

## O Saving Victim

*O saving Victim, open wide*

*The gate of heaven to us below.*

*Our foes press on from every side;*

*Your aid supply, your strength bestow.*

*To your great name be endless praise,*

*Immortal Godhead, One in Three;*

*O grant us endless length of days*

*In our true native land with thee. Amen*

*O salutaris Hostia  
Quae caeli pandis ostium;  
Bella premunt hostilia,  
Da robur, fer auxillium.*

*Uni trinoque Domino  
Sit sempiterna gloria,  
Qui vitam sine termino  
Nobis donet in patria.  
Amen*

## Adoration

During this period there may be appropriate prayers, songs, readings from scripture, and a brief homily to help the congregation focus its attention to the worship of the Lord. It is important to remember that the Eucharist is the "Real Presence" of Jesus Christ. You may kneel or be seated for your private portion of adoration/devotion.

## Benediction

After a period of meditation and reflection the celebrant goes to the altar, genuflects, and kneels. All kneel and join in singing the

## Tantum Ergo.

*Down in adoration  
falling,  
This great Sacrament we  
hail;  
Over ancient forms of  
worship  
Newer rites of grace  
prevail;  
Faith will tell us Christ is  
present,  
When our human senses  
fail.*

*To the everlasting Father,  
And the Son who made  
us free,  
And the Spirit, God  
proceeding  
From them Each  
eternally,  
Be salvation, honor,  
blessing,  
Might and endless  
majesty. Amen.*

*Tantum ergo  
Sacramentum  
Veneremur cernui,  
Et antiquum  
documentum  
Novo cedat ritui;  
Praestet fides  
supplementum  
Sensuum defectui.*

*Genitori Gentioque  
Laus et jubilatio,  
Salus, honor, virtus  
quoque  
Sit et benedictio;  
Procedenti ab  
utroque  
Compar sit laudatio.  
Amen*

All remain kneeling when the presider stands and says

**Priest/Deacon:** You have given them Bread from heaven (P.T. Alleluia)

**ALL:** Having all sweetness within it (P.T. Alleluia)

**Priest/Deacon:** Let us pray! O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

**ALL: Amen.**

**The celebrant will then bless all present with the Eucharist.**

After the presider has blessed everyone, he will come back in front of the altar and kneel and lead everyone in the

## Divine Praises

*Blessed be God.*

*Blessed be his holy name.*

*Blessed be Jesus Christ, true God and true man.*

*Blessed be the name of Jesus. Blessed be his most Sacred Heart.*

*Blessed be his most Precious Blood.*

*Blessed be Jesus in the most holy sacrament of the altar.*

*Blessed be the Holy Spirit, the Paraclete*

*Blessed be the great Mother of God, Mary most holy.*

*Blessed be her holy and Immaculate Conception.*

*Blessed be her glorious Assumption.*

*Blessed be the name of Mary, virgin and Mother.*

*Blessed be St. Joseph, her most chaste spouse.*

*Blessed be God in his angels and in his saints.  
Amen.*

## Reposition

When the priest or deacon has blessed everyone he then replaces the Blessed Sacrament in the tabernacle and genuflects, all stand and join in singing.

*Holy God, we praise thy name;  
Lord of all, we bow before thee;  
All on earth they scepter claim;  
All in heaven above adore thee.  
Infinite they vast domain,  
Everlasting is thy reign!*

*Hark, the loud celestial hymn;  
Angel choirs above are raising;  
Cherubim and Seraphim,  
In unceasing chorus praising,  
Fill the heavens with sweet accord:  
"Holy, holy, holy, Lord!"*