

CATHOLIC EXAMINATION OF CONSCIENCE:

Responsibilities to God:

- Have I gone to Mass on Sunday or have I rebelled and been stubborn about going to Mass? Did I participate in the Mass or did I daydream?
- Have I prayed every day or placed other things ahead of God?
- Have I read the Bible weekly?
- Have I been rebellious toward God and his Commands?
- Have I misused the name of God by swearing and cursing?
- Have I told the Father that I love him for creating me and making me his son/daughter?
- Have I thanked Jesus for becoming man, dying for my sin and rising to give me eternal life?
- Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

Responsibilities to others and myself:

- Have I been rebellious, disobedient or disrespectful to my parents, teachers and those in authority over me?
- Have I lied to or deceived my parents or others?
- Have I been arrogant and stubborn?
- Have I talked back to my parents or those in authority?
- Have I gotten angry or nurtured and held grudges and resentments?
- Have I refused to forgive others?
- Have I cultivated hatred?

Responsibilities to others and myself continued...:

- Have I engaged in sexual fantasies?
- Have I looked at others lustfully?
- Have I read pornographic literature or looked at pornographic pictures, shows, or movies?
- Have I masturbated?
- Have I lustfully kissed or sexually touched someone?
- Have I had sexual intercourse outside Marriage?
- Have I had an abortion or encouraged another to have one? Have I used contraception?
- Have I gossiped about others?
- Have I slandered anyone?
- Have I told lies about others?
- Have I mocked or made fun of others?
- Have I lied or cheated?
- Have I stolen anything? Have I paid it back?
- Have I been selfish or spiteful toward others?
- Have I been jealous?
- Have I gotten intentionally drunk, or taken drugs?
- Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, channeling, astrology?
- Have I been patient, kind gentle and self-controlled?
- When my conscience told me to do something good, did I do it or did I ignore it?
- Did I consume food gluttonously or waste food?
- Have I fasted when appropriate?
- Have I complained against Church teaching?

After an examine, enter the Confessional when free. The Confessional is where we *list* our sin, and not where we walk through the examination process. In this we experience humility and the Lord's Mercy.

In the Confessional:

Father: In the name of the Father and of the Son and of the Holy Spirit. Amen.

Bless me Father for I have sinned; It has been (amount of time) since my last Confession, and I accuse myself of the following_____ (Insert the list of sins)

Father will then offer some advice and/or encouragement and assign a penance to be said in the pew.

Then Father will ask for you to pray an act of contrition

O my God, I am heartily sorry for having offended You, 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 You, my God, who are all good and deserving of all my love. I firmly resolve with the help of Your Grace, to confess my sins, to do penance, and to amend my life. Amen.

Father will then give Absolution and say: *give thanks to the Lord for He is good, You: For His love endures forever. Father: your sins are forgiven, go in peace. You: Thanks be to God.*