

*If we say we have no sin, we deceive ourselves, and the Truth is not in us. If we confess our sins, He is faithful and just, and will forgive our sins, cleansing us from all unrighteousness. -1 John 1:8-9*

### **A CATHOLIC EXAMINATION OF CONSCIENCE:**

<p><b>Responsibilities to God:</b></p> <ul style="list-style-type: none"> <li>• Have I gone to Mass on the weekend &amp; <i>all</i> Holy Days of Obligation?</li> <li>• Did I participate in the Mass or did I daydream?</li> <li>• Did I receive Communion after skipping Mass without making a Confession first?</li> <li>• Have I fasted at least one hour before Mass?</li> <li>• Have I prayed daily?</li> <li>• Have I read the Bible weekly?</li> <li>• Have I studied my Faith weekly?</li> <li>• Have I done unnecessary labor, business, or organized sports on Sunday?</li> <li>• Have I misused the Name of God by swearing?</li> <li>• Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, astrology, Masons, Shriners, KKK, Yoga?</li> <li>• Have I practiced another religion?</li> <li>• Have I defended the Church's Religion?</li> <li>• Have I complained against Church teaching?</li> <li>• Have I thanked Jesus for His Graces?</li> <li>• Have I asked the Holy Spirit to help me conquer sin and temptation?</li> <li>• Did I despair about my salvation or being made in God's image?</li> <li>• Have I abstained/fasted on Fridays?</li> <li>• Have I supported the Church with time/labor, prayer and resources?</li> </ul>	<p><b>Responsibilities to others and myself:</b></p> <ul style="list-style-type: none"> <li>• Have I been rebellious or disrespectful to those in just authority?</li> <li>• Have I been arrogant and stubborn? Have I refused to ask for help when needed?</li> <li>• Have I refused to forgive others? Have I wished others harm or held grudges?</li> <li>• Have I harmed another or myself?</li> <li>• Have I encouraged or had an abortion?</li> <li>• Have I encouraged or participated in euthanasia/physician assisted suicide?</li> <li>• Have I used contraception?</li> <li>• Have I used pornographic literature, pictures, shows, or movies? Have I masturbated?</li> <li>• Have I had sexual intercourse outside Marriage?</li> <li>• Have I gossiped or detracted about others?</li> <li>• Have I lied to or deceived others?</li> <li>• Have I failed to help others in need?</li> <li>• Have I stolen anything? Have I paid it back?</li> <li>• Have I fostered jealousy?</li> <li>• Have I gotten intentionally drunk, or taken drugs?</li> <li>• Did I consume food or drink gluttonously?</li> <li>• Have I wasted food?</li> <li>• When my conscience told me to do something good, did I do it or ignore it?</li> <li>• Have I mocked another's piety/faith?</li> <li>• Have I presumed myself better than another?</li> </ul>
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#### *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. Here is one example:*

**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: *your sins are forgiven, go in peace. You: Thanks be to God.*