

Examination of Conscience

Did I deny or doubt God's existence?

Did I refuse to believe God's revelation?

Did I believe in horoscopes, fortune telling, dreams, good luck charms or reincarnation?

Did I deny that I was a Catholic?

Did I abandon the Catholic faith?

Did I despair of or presume on God's mercy?

Did I neglect prayer for a long time?

Did I fail to pray daily?

Did I blaspheme God or take God's Name in vain, curse or break an oath or vow?

Did I miss Mass on a Sunday or on a Holy Day of Obligation through my own fault?

Am I always reverent in the presence of the Most Blessed Sacrament?

Was I inattentive at Mass?

Did I arrive at Mass late?

Did I leave Mass early?

Did I do unnecessary servile work on Sunday?

Did I disobey or disrespect my parents or legitimate superiors?

Did I neglect my duties to my husband, wife, children or parents?

Did I fail to actively take an interest in the religious education and formation of my children?

Have I failed to educate myself concerning the teachings of the Church?

Did I give a full day's work in return for a full day's pay?

Did I give scandal by what I said or did, especially to the young?

Was I the cause of anyone abandoning the Catholic Faith?

Did I give a fair wage to my employee(s)?

Was I impatient, angry, envious, unkind, proud, jealous, revengeful, hateful toward others or lazy?

Did I give bad example, abuse drugs, drink alcohol to excess, fight or quarrel?

Did I physically injure or kill anyone?

Have I had or advised anyone to have an abortion?

Did I participate in or approve of the grave evil known as "mercy killing" or euthanasia?

Did I attempt suicide?

Did I willfully entertain impure thoughts and desires?

Did I dress immodestly?

Did I use impure or suggestive words?

Did I tell impure stories or listen to them?

Did I deliberately look at impure television, internet, plays, pictures or movies?

Did I deliberately read impure material?

Did I perform impure acts by myself (masturbation) or with another (adultery, fornication or sodomy)?

Did I marry or advise another to marry outside the Church?

Did I abuse my marriage rights?

Was I unfaithful to my marriage vows?

Have I kept company with someone else's spouse?

Did I practice artificial birth control or was I or my spouse permanently sterilized (tubal ligation or vasectomy)?

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 or deprive my family of the necessities of life?

Did I tell lies? Deliberately in order to deceive or injure others?

Did I commit perjury?

Did I vote in accordance with a properly informed conscience, in a way consistent with the teachings of the Church, in regard to the sanctity of human life and human life issues?

Was I uncharitable in word or deed?

Did I gossip or reveal the faults and sins of others?

Did I fail to keep secrets that I should have kept?

Did I eat meat on the Fridays during Lent or on Ash Wednesday?

Did I fast as required on Ash Wednesday and Good Friday?

Did I fail to receive Holy Communion during the Easter Season?

Did I fail to confess my sins at least once a year?

Did I go to Holy Communion in the state of mortal sin?

Did I go to Holy Communion without fasting for one hour or more from food and drink (water and medicine are permitted)?

Did I make a bad Confession?

Did I deliberately not tell all the sins I committed during one of my Confessions?

Did I fail to contribute to the support of the Church?

How To Go to Confession

- The priest will greet you.
- You say: "Forgive me, Father, for I have sinned." You then say how long it has been since your last Confession.
- You tell the priest your sins and answer any questions he may have.
- The priest will give you some advice and will assign you a penance.
- You will then pray the Act of Contrition.
- The priest then gives you absolution.
- The priest will then say: "Give thanks to the Lord, for He is good."
- You then respond "His mercy endures forever." The priest will then dismiss you.

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 art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance and to amend my life.

Amen.

Prayer After Confession:

Almighty and Merciful God, Whose mercy is boundless and everlasting and of Whose goodness the riches are infinite, I thank You because You have so graciously pardoned all my sins and restored Your Heavenly favor. I am awed by Your divine compassion and the incomprehensible love of Your Son, which has led Him to institute so gentle and powerful a remedy for sins. In union with all the gratitude that has ever ascended to You from truly penitent hearts, I proclaim Your merciful praises on behalf of all in Heaven, on earth and in purgatory, forever and ever.

Amen.