

## How to Go to Confession

1. I kneel.
2. I make the Sign of the Cross.
3. I say "Bless me, Father, for I have sinned. It has been \_\_\_\_\_ days/ months since my last Confession."
4. I confess my sins. "In that time, I have..."
5. When I am finished, I say, "For these and all the sins that I cannot now remember, forgive me."
6. I listen to what Father has to say to me and remember my penance.
7. I pray the Act of Contrition.

O my God, I am sorry for my sins with all my heart, and I detest them. In choosing to do wrong and failing to do good, I have sinned against 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.

8. I thank Father for hearing my confession.
9. I stand up, and go to another place to pray, thanking God for His forgiveness and I complete my penance.



## An Examination of Conscience for Adults

"To those who have been far away  
from the sacrament of  
Reconciliation  
and forgiving love,  
I make this appeal:  
Come back to this source of grace;  
do not be afraid!  
Christ Himself is waiting for you.  
He will heal you,  
and you will be at peace with  
God!"  
—Pope John Paul II

**1. I am the Lord, your God. You shall have no other gods beside Me.**

- + Do I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves?
- + 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?
- + Have I tried to grow in the knowledge of God through daily prayer, and scripture reading?
- + Have I taken time to teach my family about the ways of God and to pray with them?

**2. You shall not take the name of the Lord, your God, in vain.**

- + Have I resorted to profane language by cursing and swearing?
- + Do I use God's name in vain, lightly, carelessly, by blasphemy?
- + In conversation, do I participate in slander or jokes aimed at demeaning religion, the Church, or God's authority?
- + Do I watch television or movies where God's name is taken in vain routinely?

**3. Remember to keep holy the Lord's Day.**

- + Have I allowed myself to become so dominated by my work or chores that I have not set aside Sunday for spiritual and family activities?
- + Have I attended Mass every Sunday and on Holy Days of Obligation?
- + In my prayer and attendance at Mass, am I content with a passive observance rather than devoting myself to genuine worship of the Lord?

**4. Honor your father and mother.**

- + As an adult, do I visit and care for my parents in their old age?
- + Do I harbor short-term or longstanding resentments toward my parents? Do I blame them for my own shortcomings?

**5. You shall not kill.**

- + Have I ever struck anyone in anger, intending to injure them?
- + Have I ever advocated abortion, either through my opinions in conversation or by actively assisting someone in procuring an abortion?
- + Have I ever endangered myself or the life of another person through the taking of drugs or the abuse of alcohol?
- + Is there anyone with whom I refuse to speak, or against whom I bear a grudge?
- + Have I harmed anyone's soul, especially children, by giving scandal through bad example?
- + Have I participated in or contributed to gossip?
- + Have I become intoxicated?

**6. You shall not commit adultery.**

- + Have I given my mind over to lustful thoughts or fantasies?
- + Have I used or encouraged others to use birth control or any form of contraceptives?
- + Have I read pornography or watched indecent movies or television shows? Do I allow them in my home?
- + Have I been faithful to my marriage vows in thought and in action?
- + Have I dressed immodestly?
- + Have I avoided laziness, gluttony, idleness, and the occasions of impurity?

**7. You shall not steal.**

- + Have I taken anything that did not belong to me?
- + Have I wasted time and cheated my employer by not doing a full day's work for my wages?

- + Have I taken the intellectual property of others, by taking their ideas without giving credit?

- + Have I been extravagant in my manner of life, to the neglect of the poor of the world?
- + Do I pay my bills on time?
- + Have I used my possessions (including utilities) in a way that was not wise, respectful, or responsible?

**8. You shall not bear false witness against your neighbor.**

- + Have I defamed the good name of another person by taking part in gossip or slander?
- + Have I injured the reputation of another person by speaking about their failures and sins with little desire or intention to help them?
- + Have I condoned prejudice and hatred toward people of another nationality, race or religion?

**9. You shall not covet your neighbor's wife.**

- + Have I sought the affections of another's spouse?
- + Have I contemplated infidelity to my spouse?
- + Have I upheld the dignity of my spouse in all circumstances?

**10. You shall not covet your neighbor's goods.**

- + Do I habitually compare myself with others in terms of wealth, status, and financial security?
- + Am I jealous of the personal qualities of others, or envious of their possessions or success?
- + Do I support my church sufficiently and give generously to the poor?