

Sacrament of Reconciliation

REFLECT Examining your conscience

1. You shall have no other gods besides the Lord your God.

Do I love God above all things? Is He number one in my life or do I put myself before God?
Has money and pleasure become more important to me than the God who created me for Himself?
Do I pray often? Have I neglected my friendship with God by neglecting prayer?

2. You shall not take the Lord's name in vain.

Have I ever lied after "swearing to God" that I am telling the truth?
Have I ever used God's name out of anger that is as a curse?

3. Keep the Lord's day holy.

Have I deliberately missed going to church?

4. Honor your father and your mother.

Do I disobey my parents? Do I fail to respect them? Do I swear at them? Am I ashamed of them?
Do I let them know I love them? Do I lie to them?
Am I obeying and honoring those in place of my parents, such as teachers and principals?
Do I skip class? Do I lie to my teachers? Do I swear at them? Refuse to forgive another?
Have I cursed anyone?

5. You shall not kill.

Am I killing myself by abusing alcohol, legal, or illegal drugs?
Have I murdered anyone's reputation by deliberately spreading rumors or keeping rumors alive by passing them on?
Do I nurse anger against anyone or hold a grudge?

6. You shall not commit adultery.

Have I ever had sex with anyone? Have I had sex with myself?
Have I ever watched pornography either on the Internet or through some other media?
Have I ever freely and deliberately entertained impure thoughts? Am I modest in dress?

7. You shall not steal.

Do I steal? Have I ever taken what rightfully belongs to another?
Do I share what I have with the poor?

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

Am I a liar? Do I gossip about others?
Do I reveal information that should be confidential? Am I "two-faced"?

9. & 10. You shall not envy your neighbor's wife and goods.

Am I envious or jealous of others? Do I hold grudges against others? Am I a resentful person?
Do I put down others?

REPENT

Going to confession:

"Bless me Father* for I have sinned. It's been (weeks, months, years) since my last confession.
I have....."

* If you have any difficulty, ask the priest to help you out. He will be happy to.

Act of Contrition:

O my God. I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God. Who are all-good and deserving of all my love. I firmly intend, with your help, to sin no more and to avoid whatever leads me to sin.

REJOICE **you are forgiven!**