

RECONCILIATION

Traditional way of going to confession:

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

I accuse myself of,

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

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.

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 your God'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 Sabbath day holy.

Have I deliberately missed going to church?

4. Honor your father and your mother so that you may live long and flourish.

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?

Do I steal from 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?



REFLECT REPENT REJOICE

5. You shall not kill.

Am I killing myself by abusing alcohol or taking illegal drugs such as marijuana?

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?

In other words, have I ever taken what rightfully belongs to another?

Do I seek to share what I have with the poor and needy?

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", that is. have I been a certain kind of person to some people, but a completely different kind of person to others.

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

Am I envious or jealous of others?

Do I harbor unforgiveness and grudges against others ?

Am I a resentful person?

Do I put down others?

Adapted from writings of Deacon Douglas McMataman