

An Examination of Conscience

I examine my conscience by thinking about things I have said and done that are not according to God's law.

Sin is a deliberate violation of God's law. There are two kinds of sin.

- 1) **Mortal sin** is a deliberate and free choice of something known to be seriously wrong that turns us away from God. It destroys our friendship with God and separates us from him.

The following three conditions must be met for a sin to be mortal:

- 1) It must be of a serious matter
 - 2) It must be done with full knowledge of its seriousness
 - 3) It must be done with deliberate and complete consent
- 2) **Venial Sin** is a minor offense against God's law that hurts our relationship with God but does not destroy it.

In an Examination of Conscience, I ask myself why I said and did the things that hurt my relationship with God and others.

Remember: temptations, accidents and mistakes are not sins.

Do I love God with my whole heart?

Do I put God above all things?

Do I pray often?

Do I go to Mass each week?

Do I use God's name carelessly, in anger or in vain?

Do I love others?

Do I obey my parents and those who are responsible for me?

Have I been disrespectful to someone?

Have I been truthful and honest?

Have I taken something that belongs to someone else?

Have I ruined or destroyed something that belongs to someone else?

Have I cheated on a test or in a game?

Have I lied?

Have I been kind to others in my words and in my actions?

Did I intentionally hurt someone else or their feelings?

Do I love and take care of myself?

Do I take proper care of my body?

Do I eat properly and get enough rest?

Do I take care of my responsibilities?

Do I participate in activities that are good for me and for my well being?

Do I take care of my belongings?

Procedure for the Sacrament of Reconciliation

1. Make the sign of the cross. **“In the Name of the Father, and of the Son, and of the Holy Spirit, Amen”**
2. You say **“Father, it has been (length of time) since my last confession and these are my sins.”**
3. Tell your sins to Father.
4. Listen to Father as he gives you a penance. He will then ask you to say the Act of Contrition Prayer.

**“My God, I am sorry for my sins with all my heart.
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. Amen.”**
5. Father will say the Prayer of Absolution: **“I absolve you of your sins, in the name of the Father, and the Son, and of the Holy Spirit”**.
As Father is blessing you, saying **“In the name of the Father, and the Son, and of the Holy Spirit”**, you make the Sign of the Cross, and respond **“Amen.”**
At the conclusion of this prayer, your sins are forgiven.
6. Father will say **“The Lord has freed you from your sins. Go in peace.”**
You respond **“Thanks be to God.”**
7. You say **“Thank you Father.”**
8. Go to a pew and kneel down to privately say your Penance prayer.
Remember to thank and praise God for the great gift of His mercy you just received in this confession.
9. If your Penance is to do a good deed, do it as soon as you possibly can.