

## INDIVIDUAL CONFESSION AND ABSOLUTION

“Bless me Father, for I have sinned. It has been ....(how long)... since my last confession. These are my sins:.....  
For these and all the sins of my past life, I ask pardon of God and penance and absolution from you, Father.”

### 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 resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.

### EXAMINATION OF CONSCIENCE (reflect on privately)

- What is my attitude to the sacrament of penance? Do I sincerely want to be set free from sin, to turn again to God, to begin a new life, and to enter a deeper friendship with God? Or do I look on it as a burden, to be undertaken as seldom as possible?
- Did I forget to mention, or deliberately conceal, any grave sins in past confessions? Did I perform the penance I was given?
- Is my faith in God firm? Have I been careful to grow in my understanding of the faith, to hear God's word, to listen to instructions on the faith, to avoid dangers to faith? Have I been always strong and fearless in professing my faith in God and the Church?
- Have I prayed morning and evening? When I pray, do I really raise my mind and heart to God, or is it a matter of words only?
- Have I love and reverence for God's name? Have I offended him in blasphemy, swearing falsely, or taking his name in vain?
- Do I keep Sundays and feast days holy by taking a full part in the liturgy of the Mass? Have I fulfilled the precept of annual confession and of communion during the Easter season?
- Are there false gods that I worship by giving them greater attention and deeper trust than I give to God: money, superstition, power?
- Have I a genuine love for my neighbors? Or do I use them for my own ends, or do to them what I would not want done to myself? Have I given grave scandal by my words or actions?
- In my family life, have I contributed to the well-being and happiness of the rest of the family by patience and genuine love?
- Have I been obedient to my parents, showing them proper respect and giving them help in their spiritual and material needs?
- Have I been truthful and fair, or have I injured others by deceit, calumny, detraction, rash judgement, or violation of a secret?
- Have I done damage to others, their reputation, honor, or material possessions?  
Have I been responsible for advising an abortion or procuring one, or been in favor of one?
- Have I stolen the property of others?
- If I have been injured, have I been ready to make peace for the love of Christ and to forgive, or do I harbor hatred and the desire for revenge?
- Have I been anxious to control my vices, my bad inclinations and passions e.g. envy, love of food and drink?
- Have I been proud and boastful, thinking myself better in the sight of God and despising others as less important than myself?
- What use have I made of time, of health and strength, of the gifts God has given me to be used like the talents in the Gospel? Do I use them to become more perfect every day? Or have I been lazy and too much given to leisure?
- Have I kept my senses and my whole body pure and chaste as a temple of the Holy Spirit?
- Have I dishonored my body by fornication, impurity, unworthy conversation or thoughts, evil desires, or actions? Have I given in to sensuality, or indulged in reading, shows, and entertainment that offend against Christian and human decency?
- Have I gone against my conscience out of fear or hypocrisy?