

## MAKING A GOOD CONFESSION

1. Ask the Holy Spirit to help you know your sins, feel sorry, and trust in God's mercy.
2. Examine your conscience to find out your sins.
3. Be sorry for your sins. (Think of how Jesus loved you so much that he took all your sins to the Cross.)
4. Make up your mind not to sin again.
5. Tell your sins to the priest.
6. Do the penance the priest gives you.
7. Spend time thanking God for the mercy you received.

## HOW TO GO TO CONFESSION

1. Make the Sign of the Cross.
2. Tell the priest how long it has been since your last confession.
3. Tell the priest your sins, starting with the biggest ones (mortal sins). You can end with, "For these and all my other sins, I am very sorry."
4. Listen to the priest's advice and remember your penance.
5. Say an act of contrition.

## ACT OF CONTRITION

**O my God, I am heartily sorry for having offended Thee: and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they have offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve with the help of Thy Grace to confess my sins, to do penance, and to amend my life. Amen.**

## BASIC EXAMINATION OF CONSCIENCE

1. Have I been kind in my actions? How have I been unkind?
2. Have I been truthful and kind in my words? When was I not truthful or kind?
3. Have I tried to be loving in my thoughts? Have I imagined or wished for something bad to happen to someone else?
4. How have I been spending my time? Have I fulfilled my responsibilities? What did I not do that I was supposed to do?
5. Have I taken time to be with God?

**To discover other ways you can turn away from sin and grow in God's love, you can look at how you've practiced the virtues:**

**Prudence** *allows you to see the right way—God's way— to act*

- Have I done things that are not safe?
- Have I spoken or acted without thinking?
- Have I been careless about following directions?
- Have I made others late by not thinking ahead?

**Justice** *allows you to act rightly toward God and others, treating them as you want to be treated*

- Have I *not* prayed every day?
- Have I tried to skip Mass or to make my family late to church? Have I been secretly glad when my family missed Mass?
- Have I been mean, rude, or unkind to anyone?
- Have I said unkind things about other people?
- Have I taken things without asking?
- Have I been selfish by refusing to share or to help others?
- Have I disobeyed my parents or teachers?
- Have I talked back to others?
- Have I avoided doing something I knew I should, like my chores?
- Have I refused to admit when I was wrong?

**Fortitude** *gives you the strength to do what is right, even when it is hard*

- When it was difficult, did I *not* try very hard to do the right thing?
- Have I *not* worked my hardest? Have I given up easily?
- Have I been jealous when others were praised?
- Have I acted impatient while waiting my turn?

**Temperance** *helps you to balance enjoying all the good things God has made*

- Have I eaten too much candy or sweets?
- Have I played when I should have been working?
- Have I lied?
- Have I bragged about myself? Have I shown off?
- Have I lost my temper?
- Have I been messy or careless with my belongings?



# CONFESSION

The Sacrament of Penance allows us to meet Christ and hear Him say, “I absolve you,” taking away our sins.

## HOW TO MAKE A *good confession*

1. **PREPARATION:** Ask the Holy Spirit to help you know your sins, feel sorry, and trust in God’s mercy.
2. **EXAMINATION:** Examine your conscience to find out your sins.
3. **CONTRITION:** Be sorry for your sins. Think of how Jesus loved you so much that He took all your sins to the Cross.
4. **RESOLUTION:** Make up your mind not to sin again.
5. **CONFESSION:** Tell your sins to the priest.
6. **SATISFACTION:** Do the penance the priest gives you.

## HOW TO GO TO CONFESSION

1. Pray to the Holy Spirit, examine your conscience, and then think about the harm your sins have done, so that you wish you had not committed the sin. Resolve not to sin again.
2. Go to the priest.
3. Make the Sign of the Cross.
4. Tell the priest how long it has been since your last confession.
5. Tell the priest your sins, starting with the biggest ones (mortal sins).
  - Confess each mortal sin (if you have any) by name, saying how many times you committed it.
  - Confessing a venial sin gives you the grace to stop committing it.
  - You can end with “For these and all my other sins, I am very sorry.”
6. Listen to the priest’s advice and remember your penance.
7. Say an act of contrition.
8. Leave the priest, thank God for the great mercy He has given you, and do your penance.

## MORTAL SINS

A single mortal sin cuts off our life of grace and makes us incapable of going to heaven. If we commit a mortal sin, we should go to confession as soon as possible, so that God can give us back this life of grace.

Three things must be true for an act to be a mortal sin:

1. The act must be **seriously wrong** (grave matter).
2. You must **know** that it is wrong (full knowledge).
3. You must **freely choose** to do it anyway (full consent).

If any one of these is not true, then the act was a venial sin.

**For a good confession, each mortal sin you have committed must be confessed.**

**EXAMPLES:** *God gave us the Ten Commandments to show us which acts are so seriously wrong that they destroy our relationship with God.*

### 1- You shall have no other gods before Me:

denying the faith  
entertaining doubts  
despair or presumption  
hatred of or indifference to God and others  
sacrilege  
witchcraft and occult practices

### 2- You shall not take the Lord’s name in vain:

blasphemy  
lying/doing evil in God’s name  
deliberately misusing the name of Jesus

### 3- Keep holy the Sabbath:

deliberately skipping Mass on Sunday or a Holy Day of Obligation  
failing to keep the fasts of the Church

### 4- Honor your father and your mother:

deliberate and intense disrespect to parents (such as striking or cursing them)  
failing to care for parents in their old age

### 5- You shall not kill:

murder  
abortion  
deliberate hatred  
scandal (leading others to grave sin)  
abusing drugs and alcohol

### 6- You shall not commit adultery and 9- You shall not covet your neighbor’s wife:

committing acts reserved for marriage outside of it  
impure acts  
viewing impure things  
deliberately dwelling on impure things

### 7- You shall not steal and 10- You shall not covet your neighbor’s goods:

significant theft  
major cheating  
tax evasion  
fraud  
greed  
failing to help support the Church (tithing)

### 8- You shall not bear false witness:

deliberate, false accusations or testimony  
evil flattery  
lying about important things or to harm others

**When we desire to grow in our relationship with God, we try to root out anything contrary to His love.**

*The Examination of Conscience on the next page can help you identify, repent of, confess, and overcome sin at its root.*

# — THE PATH TO — CONVERSION *and the seven deadly sins*

The seven deadly sins are called “deadly” because they wreak havoc in our daily lives. When we understand how they are active and which virtues oppose them we can identify our patterns of sin, confess them, and uproot them, continuing along the path to God.



WANT MORE TIPS ON BEATING THE SEVEN DEADLY SINS?



[www.openlightmedia.com/courses/vice-to-virtue/](http://www.openlightmedia.com/courses/vice-to-virtue/)

**PRIDE** | Undue self-esteem or self-love, which seeks attention and honor and sets oneself in competition with God

MANIFESTATION OF PRIDE	Virtues to Cultivate
Vanity   Arrogance   Boasting   Haughtiness   Ambition Ostentation   Love of limelight   Hypocrisy   Vainglory	HUMILITY   HONESTY
Disobedience	OBEDIENCE
Despising others   Holding others in contempt   Discord Obstinacy (hardheadedness)   Quarreling	CHARITY   KINDNESS

**ANGER** | An emotion which is not in itself wrong but which, when it is not controlled by reason or hardens into resentment and hate, becomes one of the seven sins

MANIFESTATION OF ANGER	Virtues to Cultivate
Undue sensitiveness   Impatience   Irritability   Grumbling Fault-finding	MEEKNESS   PATIENCE   RESPECT
Quarreling   Discord   Contention   Argumentativeness	HUMILITY   HONESTY   CHARITY
Gossip   Detraction   Defamation   Calumny	JUSTICE
Excessive anger   Revengeful   Retaliation   Fury   Violence Repressed anger   Temper tantrums   Cruelty   Reactive anger	SELF-CONTROL

**ENVY** | Resentment or sadness at another's good fortune, and the desire to have it for oneself

MANIFESTATION OF ENVY	Virtues to Cultivate
Nasty and unkind remarks about others	KINDNESS
Constantly belittling others   Gossip   Detraction Backbiting   Calumny	SINCERITY
False judgments   Discord   Hatred   Spirit of enmity	CHARITY
Jealousy – inordinate love of self and fear of losing something	HUMILITY

**ACEDIA** | (SLOTH) A form of sadness when encountering God and God's ways (spiritual sloth), caused by neglecting the faith and the moral life

MANIFESTATION OF ACEDIA	Virtues to Cultivate
Uneasy restlessness of the mind   Excessive curiosity Talkativeness   Instability of place and purpose	TEMPERANCE   SELF-CONTROL   CHASTITY   MODERATION
Apathy   Listlessness   Torpor with regard to one's need for salvation	PERSEVERANCE   INDUSTRIOUSNESS   MAGNIFICENCE
Faintheartedness   'Small soul'   Lacking courage to pursue spiritual life	FORTITUDE   MAGNANIMITY
Despair	HOPE
Nursing grudges   Spitefulness   Maliciousness	MODERATION

**AVARICE** | (GREED) Inordinate desire for earthly things

MANIFESTATION OF AVARICE	Virtues to Cultivate
Deceit   Perjury   Lying   Cheating   Craftiness   Shrewdness	HONESTY
Treachery   Fraud   Betrayal	JUSTICE   LOYALTY
Restlessness   Hardness of heart   Violence	GENEROSITY

**GLUTTONY** | Overindulgence in food or drink

MANIFESTATION OF GLUTTONY	Virtues to Cultivate
Dullness of sense   Talkativeness   Vulgarity   Impurity	TEMPERANCE   MODESTY
Intemperance   Overindulgence in food and drink	MODERATION
Ruin of health	PRUDENCE

**LUST** | Inordinate desire for sexual pleasure or inordinate enjoyment of sexual pleasure

MANIFESTATION OF LUST	Virtues to Cultivate
Internal acts: Intentionally dwelling on fantasies Impure thoughts and desires (Sins forbidden by ninth commandment)	TEMPERANCE   SELF-CONTROL   CHASTITY MODERATION   MODESTY
External acts: Sins against chastity   Impurity   Viewing pornography   Adultery   Fornication (Sins forbidden by the sixth commandment)   Intemperance   Overindulgence in food and drink	PURITY   LOYALTY
Blindness of mind- prevents one from thinking clearly Inconsideration   Thoughtlessness   Inordinate self-love	TO PRESERVE A PURE HEART LIFE OF CHASTITY— LIFE OF CHARITY— LIFE OF COMMITTED TRUTH
Weakening of the will   Inconstancy   Hastiness Imprudence	PRUDENCE   FORTITUDE
Disordered attachment to the world   Despair   Hatred of God	FAITH   HOPE

## ACT OF CONTRITION

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