

Examination of Conscience for Adults

- ◇ **Is my heart set on God?**
- ◇ Am I **faithful** to God's commandments?
- ◇ Have I a **right intention** in what I do?
- ◇ Is my faith **firm and secure**?
- ◇ Have I been willing to be known as a **Christian**, both in private and public?
- ◇ When I pray, **do I really raise my mind and heart to God**, or is it a matter of words only?
- ◇ Do I turn to God in time of temptation?
- ◇ **Have I love and reverence for God's name?**
- ◇ Are there false gods that I worship by giving them greater attention and deeper trust that I give to God: **money, superstition, sex, vanity egoticism?**
- ◇ Have I done **violence to others** by damage to **life, reputation, honor, or material possessions?**
- ◇ Am I distant from others through **quarrels, enmity, insults, anger and jealousy?**
- ◇ If I have been injured, **have I been ready to make peace for the love of Christ, and to forgive?**
- ◇ **Where is my life really leading me?**
- ◇ **Have I sought growth in my ability to love others?**
- ◇ What use have I made of **time, of health and strength, of the gifts God has given me?**

- ◇ **Have I a genuine love for my neighbors?**
- ◇ **Am I Christ-like at my work and with my family?**
- ◇ **Have I given scandal by my words and deeds?**
- ◇ **In my family life, have I contributed to the well-being and happiness of the rest of the family by genuine patience and love?**
- ◇ As a **parent**, have I been careful to give a Christian upbringing to my children, and to help them by good example and by exercising appropriate discipline as a parent should?
- ◇ Have I truly been **faithful to my husband/wife, in my heart and in my actions with and towards others?**
Have I lived a **chaste life with regard to my status in life: married, single or engaged?**
- ◇ Do I look down on my neighbor especially the **poor, the sick, the elderly, strangers and people of other races?**



**Transfiguration
Catholic Church**

The Sacrament of Reconciliation For Adults

**REPENTANCE &
FORGIVENESS
of SINS
will be PREACHED
in his
NAME
to all nations...**
LUKE 24:47



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How to Go to Reconciliation



Prepare to go to confession by thinking about your sins and make a firm commitment, asking God's help, not to sin again.

Prayer before Confession

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and with a contrite heart. Help me to firmly resolve not to commit them again. O Blessed Virgin, Mother of my Redeemer, intercede for me through the Passion of your Son, that I may obtain the grace to make a good confession. All you blessed Angels and Saints of God, pray for me, a sinner, that I may repent from my sins, and that my heart may be forever united with yours in eternal love.

Rite of Reconciliation

Priest: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Penitent: Bless me, Father, for I have sinned. It has been (*how long?*) since my last confession, and I am sorry for these and all my sins. (*Confess your sins*)

Priest: (Gives you a penance)

Penitent: (Pray the Act of Contrition)

Priest: (Gives you absolution)

Penitent: (Go to chapel and pray or do penance as soon as possible.)

Forgive and you will be forgiven.
Luke 6:23

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishment, but most of all because they offend You, my God, who are all good, and deserving of my love.

I firmly resolve, with the help of Your grace, to sin no more, and to avoid the near occasions of sin.
Amen.

Prayer after Confession

God, I feel good — fresh and renewed. I feel like a huge weight has been lifted from me. I feel closer to you than I have for a long time.

Thank you for helping me to see my sins and recognize them for what they are — obstacles to getting closer to you. Thank you for the caring priest who helped me through my confession. Thank you for forgiving my sins.

Help me now, Father, to do my penance. Help me make peace with and seek forgiveness of anyone I have wronged.

Keep my faith in you strong and help me to rely on you more as I face the sins in my life. And when I once again feel the heavy burden of sin, remind me that this sacrament of healing and forgiveness is only a quick conversation away.

Adapted from Steve Givens, Pflaum Publishing Group

