

Prayer Before Confession

Receive my confession, O most loving and gracious Lord Jesus Christ, only hope for the salvation of my soul. Grant to me true contrition of soul, so that day and night I may by penance make satisfaction for my many sins. Savior of the world, O good Jesus, who did give Yourself to the death of the Cross to save sinners, look upon me, the most wretched of all sinners; have pity on me, and give me the light to know my sins, true sorrow for them and a firm purpose of never committing them again.

O gracious Virgin Mary, Immaculate Mother of Jesus, I implore of you to obtain for me by your powerful intercession these graces from your Divine Son.

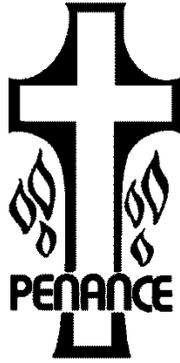
Saint Joseph, pray for me.

Saint Maria Goretti, pray for me.

Our Lady of Assumption, pray for me.

The Form of Confession

First, make the Sign of the Cross and then say: “Bless me, Father, for I have sinned. It has been (state amount of time) since my last confession”; then confess your sins. Do not use the words “several times” or “quite often” or similar expressions. Add at the end: “For these all the sins of my past life, especially (here mention in general, sins against charity, obedience, purity of heart, anger, etc.) I am heartily sorry.” Always try to make a perfect act of contrition based upon perfect love of God.



Examination of Conscience The Ten Commandments

1st Commandment

“You shall worship the Lord your God and Him only shall you serve.”

Did I fail to love God?...to pray?

Omitted morning and evening prayers? Have I doubted or denied my faith? Was I careless in saying my prayers?

2nd Commandment

“You shall not take the name of the Lord your God in vain.”

Did I curse or swear? Did I use God’s name in vain: lightly...carelessly...by blasphemy? Do I use profane language?

3rd Commandment

“Remember the Sabbath day, to keep it holy.”

Have I missed Mass through my own fault? On Sundays? Holy Days? Was I late for Mass or did I leave early with a good reason? Allow my children to miss Mass? Did I omit my Easter Duty? Or my yearly Confession duty? Was I easily distracted at Mass? Do unnecessary servile work on Sunday?

4th Commandment

“Honor your father and your mother.”

Did I honor and obey my parents? Those with lawful authority? Have I talked back? Failed to help at home? Been sad or sour? Neglected my children’s religious education? Failed to lead them to Mass...to frequent confession? Failed to spend time with my family?

5th Commandment

“You shall not kill.”

Was I angry...resentful...kept hatred in my heart? Drunk or on drugs? Did I fight...give bad example or scandal? Did I fail to correct in charity? Permitted or encouraged an abortion or mutilation (vasectomy, etc.) to avoid children?

6th Commandment

“You shall not commit adultery.”

Was I immodest in dress or behavior? Did I read impure books, magazines or watch indecent videos or movies? Am I guilty of masturbation (impurity with self), fornication (pre-marital sex), adultery (sex with a married person) or birth control (by pills, devices, withdrawal)? Do I avoid laziness, gluttony, idleness, and the occasions of impurity?

7th Commandment

“You shall not steal.”

Did I steal? What or how much? Did I return it or make equal restitution? Did I waste time at work, in school, at home? Am I stingy? Do I gamble excessively? Neglect to pay my debts promptly? Do I live in poverty of spirit and detachment? Have I supported my church regularly?

8th Commandment

“You shall not bear false witness against your neighbor.”

Have I lied, gossiped? Talked about another behind his or her back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept confidential? Am I critical, negative, or uncharitable in my talk?

9th Commandment

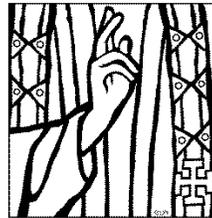
“You shall not covet your neighbor’s wife (or husband).”

Have I consented to impure thoughts? Have I caused them by stares, bad reading, curiosity or impure conversations? Do I neglect to control my imagination? Did I work at banishing such bad thoughts and temptations?

10th Commandment

“You shall not covet your neighbor’s goods.”

Is my heart greedy? Am I jealous of what another has? Am I envious of him because I don’t have it? Am I moody? Gloomy? Do I work, study, and keep busy to counter idle thoughts? Is my heart set on earthly possessions or on true treasures I heaven?



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.