

# THE SACRAMENT OF RECONCILIATION

## GUIDE FOR ADULTS

### 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. *Amen.*

### THE RITE OF RECONCILIATION

**YOU:** (*Making the Sign of the Cross*) In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**YOU:** Forgive me, Father, for I have sinned. It has been (*how long?*) since my last confession, and these are my sins: (*list your sins here...*)

**PRIEST:** (*Gives you a Penance, something to pray or do in thanksgiving for God's mercy*)

**YOU:** (*Pray the Act of Contrition:*) 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. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

**PRIEST:** (*Extends hands over you in your direction and prays the Prayer of Absolution:*) God, the Father of Mercies, through the death and resurrection of his Son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church, may God grant you pardon and peace. And I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

**YOU:** Amen

**PRIEST:** Go in peace, your sins have been forgiven.

**YOU:** Thanks be to God.

*Don't forget to complete your penance as soon as possible and to thank God for his infinite love and mercy on us all.*

### EXAMINATION OF CONSCIENCE

**1. I am the Lord your God; you shall not have strange gods before me.** Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless or distracted in saying my prayers? Do I give God time every day in prayer? Have I been involved in magic, Ouija boards, Tarot cards, Horoscopes, the occult?

**2. 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, or carelessly, or blasphemously? Have I used foul language?

**3. You shall keep holy the Sabbath.** Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I leave Mass early without a good reason? Have I been to Communion at least once a year? Did I receive Holy Communion in a state of serious sin? Did I do unnecessary work on Sunday?

**4. Honor your father and your mother.** Did I honor and obey my parents? Respect my brothers and sisters? Respect my elders or others with lawful authority? Did I fail to help at home or spend time with my family?

**5. You shall not kill.** Did I give in to feelings of anger or jealousy? Did I keep hatred in my heart? Did I fight, give bad example, or cause scandal? Have I been abusive? Have I abused alcohol or drugs? Have I had in any way procured, permitted or encouraged abortion? Have I thought about or attempted suicide?

**6. You shall not commit adultery.** Was I immodest in dress, speech or behavior? Did I look at pornography, impure books, videos, websites, etc? Am I guilty of masturbation, (impurity with self), fornication (premarital sex), adultery (sex with a married person/extramarital sex), or contraception (pills/devices/etc.) Have I procured sterilization? Do I live chastely according to my state in life (married, single, ordained)? Do I avoid occasions of impurity? Have I tried to marry outside the Church?

**7. You shall not steal.** Have I taken what is not mine? What or how much? Did I return it or make up for what I have stolen? Have I cheated on tests or homework / stolen intellectual property? Did I waste time at work? Do I avoid laziness, idleness? Do you seek the attention/praise due to others?

**8. You shall not bear false witness against your neighbor.** Have I lied, gossiped? Talked about another behind his back? Do I always tell the truth? Am I sincere? In any of my previous confessions, did I lie to or deliberately conceal something? Did I reveal secrets that should have been kept confidential? Am I critical, negative, judgmental, or uncharitable in my talk?

**9. You shall not covet your neighbor's wife.** Have I consented to impure thoughts? Have I encouraged them by stares, curiosity or impure conversations? Did I neglect to control my imagination or desire other people? Have I been divorced and begun dating before procuring and annulment? Have I been an occasion of sin for others by dating after being divorced, without procuring and annulment?

**10. You shall not covet your neighbor's goods.** Is my heart greedy? Am I jealous of what another has? Am I envious of others because I don't have what they have? Am I critical, negative or uncharitable in my thoughts of others? Is my heart set on earthly possessions instead of the treasures in Heaven? Do I struggle with being satisfied with what I have?