



PREPARING FOR CONFESSION

Begin with Prayer

O Holy Spirit, Source of all light, Spirit of wisdom, of understanding and of knowledge, come to my assistance and enable me to make a good confession. Enlighten me, and help me now to know my sins as one day I shall be forced to recognize them before Your judgment seat. Bring to mind the evil which I have done and the good which I have neglected. Permit me not to be blinded by self-love. Grant me, moreover, heartfelt sorrow for my transgressions, knowing how deeply they have wounded the loving heart of my Heavenly Father; and help me to make a good confession that all stain of guilt may be washed away in the Precious Blood of my Savior Jesus Christ. AMEN

(from St. Augustine's Prayer Book)

Remember

- You are God's Child, you have a loving Father
- Do not rush or be concerned for not remembering everything.
- Do not fret about your sins.
- Be honest with yourself and with God.
- You are recalling in order that you may be forgiven, not condemned.

Listen

- Do not conjure up guilt or over analyze.
- Focus on listening, ask God to bring things to light.

Self-Examination

Briefly think back through your life era-by-era. (For first confession)

- Listen for God to reveal sin that you may have not dealt with.
- Ask God to bring to light anything that is unresolved, anything that you may knowingly or unknowingly still be carrying.

Proceed to ask yourself these questions, again in a prayerful state, depending on God to bring any sin to mind.

First Commandment: I am the Lord your God: you shall not have other gods before me.

- Do I put anything or anyone above God?
- Do I neglected to pray and seek God in scripture?
- Have I abused alcohol or drugs?
- Have I loved someone or something more than God?
- Have I misused sex for personal gratification, debasing it from the holy purpose for which God made it?
- Have I failed to recognize my job as a divine vocation or to offer my work to God?
- Have I rejected God's known will in favor of my own interests or pleasures?
- Have I refused to admit when I was wrong?

- Have I shown pride in my race, achievements, or education?

Second Commandment: You shall not take the name of the Lord your God in vain.

- Did I use God's name in vain: lightly or carelessly or with a lack of respect?

Third Commandment: Remember to keep holy the Sabbath Day.

- Do I miss Mass without a good reason, thus neglecting the gathering and sacraments?
- Do I disrespect God or holy things by deliberately treating them in a profane, contemptuous or overfamiliar manner?
- Do I use holy things for personal advantage, attempting to bribe or placate God by religious practices or promises?
- Have I been satisfied with pious feelings and beautiful ceremonies without striving to obey God's will?

Fourth Commandment: Honor your father and your mother.

- Do I honor and respect my parents?
- Have I disobeyed my parents or teachers?
- Have I neglected to care for and honor the elderly?
- Have I neglected my duties to my spouse and children?
- Have I neglected my duties to friends?

Fifth Commandment: You shall not kill.

- Did I hate or quarrel with anyone, or desire revenge?
- Did I refuse to forgive someone?
- Have I had ill-will toward someone?

Sixth Commandment: You shall not commit adultery.

- Have I used foul language or told impure jokes?
- Did I willfully watch indecent shows, movies, books, magazines or internet pages?
- Do I dress and behave modestly?
- Have I respected all members of the opposite sex, or have I thought of other people as mere objects?

Seventh Commandment: You shall not steal.

- Did I steal or damage another's property?
- Did I cheat on tests or quizzes, or cheat anyone of what I owe?
- Do I pay my debts promptly?
- Do I seek to share what I have with the poor?
- Have I cheated anyone out of what is justly theirs?

Eighth Commandment: You shall not bear false witness against your neighbor.

- Have I lied or gossiped or told secrets?
- Have I ruined the good name of others by spreading lies or bad information about them?
- Do I always tell the truth, and am I sincere in all that I do?
- Am I critical, negative or uncharitable in my thoughts of others?

Ninth Commandment: You shall not covet your neighbor's wife.

- Do I fail to control my imagination?
- Have I allowed impure thoughts?
- Do I try to think of holy and pure things?

Tenth Commandment: You shall not covet your neighbor's goods.

- Am I jealous or envious of what others have?
- Have I been dissatisfied with my gifts, talents, achievements, or opportunities provided by God?
- Is my heart greedy or want things that are not really needed?
- Have I desired extravagance in the pursuit of wealth or earthly goods?

- Have I wasted natural resources or personal goods?
- Am I grateful for the gifts that God has given to me?
- Did I give in to vanity?

*Adapted from:

Exodus 20 (10 Commandments)

“A Reconciliation Pocket Guide”

St. Augustine’s Prayer Book

Absolution transforms the past: turning heaviness into joy.

—Kenneth Ross