

- Have I lied?
- Have I gossiped?
- Have I spoken behind someone else's back?
- Am I critical, negative, or uncharitable in my thoughts and speech about others?
- Have I injured others by deceit, calumny, detraction, rash judgment, or by violation of a secret?

9. You shall not desire your neighbor's wife.

- Have I consented to impure thoughts?
- Have I failed to control my imagination and curiosity about things sexual?
- Have I failed to pray and do penance in times of temptation?

10. You shall not desire your neighbor's goods.

- Have I given in to jealousy over what others have?
- Do I envy persons, families or the possessions of others?
- Am I greedy or selfish?
- Are material possessions the center of my life?
- Have I failed to trust that God will care for my material and spiritual needs?

Sins of Omission

Have I omitted or neglected the corporal or spiritual works of mercy? which are...

- C feed the hungry; give drink to the thirsty; clothe the naked; shelter the homeless; visit the sick; visit the imprisoned; and bury the dead.
- C counsel the doubtful; instruct the ignorant; admonish the sinner; comfort the afflicted; forgive offenses; bear wrongs patiently; pray for the living and the dead.

The Rite for Individual and Integral Confession

Priest: *In the name of the Father, + and of the Son, and of the Holy Spirit.*

Person: Amen.

Priest: *The Priest gives a short scripture passage and/or blessing.*

Person: Bless me Father, for I have sinned. My last confession was (give time), and these are my sins... *(Tell your sins to the priest, especially all serious sins. Conclude by saying:)* ...and I am sorry for these and all the sins of my life.

Priest: *The priest will give you some words of counsel and a penance to do after you leave confession.*

Person: Make your Act of Contrition in these or similar words:) 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 have offended 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.

Priest: *God, the Father of mercies..., and I absolve you from your sins in the name of the Father, I and of the Son, and of the Holy Spirit.*

Person: Amen.

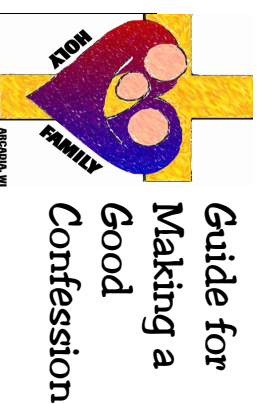
Priest: Give thanks to the Lord, for he is good.

Person: His mercy endures forever.

Priest: The Lord has freed you from your sins, go in peace to love and serve the Lord.

Person: Thanks be to God.

leave now and complete your penance



Including an Examination of Conscience and Rite of Penance for an Individual and Integral Confession

Holy Family Parish

Tel: 608-323-7116

A MESSAGE OF HOPE

Examination of Conscience

“To those who have been far away from the Sacrament of Reconciliation and forgiving love I make this appeal: come back to this source of grace; *Do not be afraid!* Christ himself is waiting for you. He will heal you, and you will be at peace with God!” (*Homily of Pope John Paul II on September 13, 1987 at San Antonio, Texas.*)

In an examination of conscience, before the Sacrament of Penance, each individual should ask him/herself these or similar questions, in accord with the Word of God, the Commandments and the Precepts of the Church:

1. I am the Lord your God. You shall have no strange gods before me.

- *Do I give God time every day in prayer?*
- *Do I seek to love Him with my whole heart?*
- *Have I been involved with superstitious practices or with the occult?*
- *Do I seek to surrender myself to God's Word as taught by the Catholic Church?*
- *Have I received Holy Communion in the state of mortal sin?*
- *Have I deliberately told a lie in Confession or withheld a serious sin from the priest in Confession?*

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

- *Have I used God's name in vain: lightly or carelessly?*
- *Have I been angry with God?*
- *Have I wished evil upon another person?*
- *Have I insulted a sacred person or misused a sacred object?*

- Have I failed in my profession of faith and witness to Christ and the Catholic Church?

3. Remember to keep holy the Lord's Day.

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Have I failed to observe Sunday as a family day and a day of rest?
- Have I done needless work on Sundays?
- Have I failed to participate in Mass with reverence and devotion?

4. Honor your father and mother.

- Have I failed to honor and obey my parents or those in legitimate authority over me?
- Have I neglected my duties to my parents? my spouse and children?
- Have I failed to give good religious example to my family?
- Have I purposely disrupted the peace and unity of my home and family life?
- Have I failed to care for my aged or infirm relatives?

5. You shall not kill.

- Have I procured an abortion or encouraged anyone to have an abortion?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading them into sin?
- Have I held on to anger, resentment, or harbored hatred in my heart?
- Have I done violence to myself? Recklessly risked my life or others?
- Have I fostered thoughts of suicide or encouraged others to consider it?
- Have I procured sterilization or promoted and condoned it?

6. You shall not commit adultery.

- Have I been unfaithful to my marriage vows in thought and action?
- Have I engaged in sexual activity outside of marriage?
- Have I used any method of contraception or artificial birth control in my marriage?
- Has each conjugal act in my marriage been open to the transmission of life?
- Have I failed to keep my senses and my whole body pure and chaste as a temple of the Holy Spirit?
- Have I indulged in reading, conversation, entertainment or the internet that offend Christian chastity and human decency?
- Have I committed sexual acts with a person of the same sex? with myself?

7. You shall not steal.

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen?
- Have I wasted time at work, school or at home?
- Have I gambled excessively, thereby denying my family of their needs?
- Have I failed to pay my debts promptly? created the government or others from what I rightly owe?
- Have I failed to share with the poor and needy?

8. You shall not bear false witness against your neighbor.