

## ACTS 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. Amen

O my God, I am heartily sorry  
for having offended Thee,  
and I detest all my sins,  
because of thy just punishments,  
but most of all because they offend Thee, my God,  
Who art all-good and deserving of all my love.  
I firmly resolve, with the help  
of Thy grace to sin no more  
and avoid the near occasions of sin.  
Amen.

O my God,  
I am heartily sorry for having offended Thee, and I detest all my sins  
because I dread the loss of Heaven and the pains of Hell;  
but most of all because they offend Thee, my God,  
Who art all-good and deserving of all my love.  
I firmly resolve, with the help of Thy grace,  
to confess my sins, to do penance, and to amend my life. Amen.



# *For Adults And Young Adults*



## A Guide to the Sacrament of Reconciliation

Please feel free to take this guide with you.  
Provided by Christ the King, Wichita

## STEPS TO A GOOD CONFESSION:

### 1) Prepare for Confession

- a. Ask the Holy Spirit to help you to know your sins
- b. Use the examination of conscience to help you to call to mind your sins since your last good confession.
- c. Resolve to never do these sins again

### 2) Make a Good Confession

- a. Choose to kneel (anonymous) or sit (face-to-face)
- b. Begin with the Sign of the Cross and then say:  
"Bless me Father for I have sinned,  
it has been [*how long*] since my last confession,  
and these are my sins:
- c. Confess your serious (mortal sins) by kind and number and confess any less serious (venial) sins you really want help with. When you are done confessing your sins, say:  
"For these and all my sins I am sorry."
- d. The priest may give you some advise and will give you a penance to do after your confession. Remember your penance.
- e. Pray your Act of Contrition (*see back*)
- f. The priest will give you absolution. Make the sign of the cross as he says "...in the name of the Father and of the Son, and of the Holy Spirit."
- g. The priest will give you a dismissal. You may response:  
"Thanks be to God" or "Thank you Father."

### 3) Do Your Penance

- a. Pray the prayers or do the thing the priest asked you to do for your penance
- b. Thank God for his mercy

## HELP WITH RECONCILIATION AND FREEDOM FROM SIN

### Abortion

#### **Racheal's Vineyard:**

Rachel's Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion.

(316) 269-4673

<http://www.rachelsvineyard.org>

### Sexual Sin

#### **Covenant Eyes**

Covenant Eyes is a unique Internet Accountability program that logs almost all Internet activity, including web browsing and more.

[www.covenanteyes.com](http://www.covenanteyes.com)

#### **Pure Love Club**

A website for young people. Within the pages of [pureloveclub.net](http://www.pureloveclub.net), you are going to find blunt, honest, and uplifting reasons for why you're worth waiting for. No fear tactics. No guilt trips. Just the demands of authentic human love.

<http://www.pureloveclub.net>

<http://www.chastity.com>

#### **Other Chastity Resources**

<http://www.catholic.com/chastity.asp>

<http://theologyofthebody.com/> (Talks on CD/DVD are good)

### Marriage Help

#### **Retrouvaille**

The Retrouvaille Program consists of a weekend experience combined with a series of 6-12 post-weekend sessions over 3 months. It provides the tools to help put your marriage in order again.

<http://www.retrouvaille.org/>

#### **Marriage Encounter**

You deserve a special time together, away from the distractions of everyday life. The Marriage Encounter weekend is designed to deepen the bond of committed married couples through enhanced, private communication.

<http://www.wmeks.org/>

## Gluttony

*Gluttony is the inordinate desire for food.*

- Have I eaten more than I need?
- To how serious an extent?
- Have I spent excessive money on food?
- Have I drunk alcohol excessively?
- Have driven after drinking?
- Have I eaten greedily and with little consideration for the presence and needs of those at table with me?
- Have I given money to help the hungry?
- Have I regularly practiced fasting and self-denial, especially on Fridays?
- Have I always fasted an hour before receiving Holy Communion at Mass?



## **SAINT MICHAEL PRAYER**

Saint Michael the Archangel,  
defend us in battle.

Be our protection against the wickedness and snares of the devil.

May God rebuke him, we humbly pray;

and do Thou, O Prince of the Heavenly Host -

by the Divine Power of God -

cast into hell, satan and all the evil spirits,

who roam throughout the world seeking the ruin of souls. Amen.

## **AN EXAMINATION OF CONSCIENCE BASED ON THE SEVEN DEADLY SINS**

### Pride

*Pride is the mother of all sin. It is a craving for excellence beyond what is reasonable. It makes a person hate being equal to others, and hate being less than God.*

- Have I refused to admit my own weaknesses?
- Have I dwelt on the failings of others?
- Have I judged others, in my thoughts or words?
- Have I ranked myself better than others?
- Have I borne hatred for another?
- Have I refused to learn from others?
- Have I been stubborn? Refused to admit I was wrong? Refused to accept that another person had a better idea?
- Have I been arrogant?
- Have I held others in contempt?
- Have I neglected to use the talents that God has given me?

### Vanity

*Vanity is excessive concern about manifesting my glory before others*

- Have I been overly concerned about what others think of me? Have I allowed this to motivate my actions?
- Have I lied or exaggerated to make myself look good?
- Have I wasted undue time and money on clothes and appearance?
- Have I been content with my lowly position, or have I resented the role that Christ asks of me?

### Lust

*Lust is disordered desire for sexual pleasure, isolated from its procreative and unitive purpose.*

- Have I viewed other people as mere sexual objects rather than as persons to be loved?
- Have I viewed pornography? On internet? or TV?
- Have I willfully entertained impure thoughts?
- Have I willfully committed impure acts? Alone, or with another?
- Have I used artificial contraception?
- Have I told impure jokes?

### Anger/Wrath

*Anger is undue desire for vengeance -undue in cause or in amount.*

- Have I harbored resentment, grudges, and hatred in my thoughts?
- Have I nurtured imaginary angry conversations?
- Have I been slow to forgive?
- Have I lost my temper?
- How have I carried my cross?
- Have I been impatient with people, family, events, sufferings, sicknesses?

### Covetousness/Avarice

*Avarice is the excessive love of possessing things*

- Have I been overly concerned about my own comfort and well-being?
- Have I been resentful of my lack of money?
- Have I been generous in giving? Have I given with a cheerful heart?
- Have I cheated, stolen, or failed to pay my bills on time?
- Have I used people for my own ends and advantage?
- Have I wasted money?

### Envy

*Envy is sadness at the happiness of another. Jealousy is coveting what belongs to another*

- Have I envied or been jealous of the abilities, talents, ideas, good-looks, intelligence, clothes, possessions, money, friends, family, of another?
- Have I gossiped?
- Have I judged others in my thoughts?
- Have I damaged the reputation of another person by my words, attitude, or looks?
- Have I repeated accusations that might not be true?
- Have I exaggerated?
- Have I failed to defend the reputation of others?
- Have I failed to keep secrets?
- Do I despise others of different race, class or culture?
- Lies: Have I lied or exaggerated?

### Sloth/Apathy

*Laziness, especially laziness in the things of God. Sloth is a sorrow in the face of spiritual good -it makes a person lethargic and want to do nothing.*

- Have I sought God above all else, or have I put other priorities ahead of him? (e.g. friendships, ambition, comfort and ease)
- Have I got so caught up in the things of this world that I've forgotten God?
- Have I risked losing my faith/piety by bad company, bad reading, cowardice, or pride?
- Have I trusted God, especially in times of difficulty?
- Have I attended Mass each and every Sunday?
- Have I neglected to say my daily prayers?
- Have I entertained distractions in prayer, or failed to give God due concentration in prayer or in the Mass?
- Have I made a prayerful preparation before Mass and a good thanksgiving after Mass?
- Have I received Holy Communion while in a state of serious sin?
- Have I neglected to seek Confession before Holy Communion?
- Have I taken the Lord's name in vain? Or used other foul language?
- Have I been lazy in helping others?
- Have I been attentive to the needs of my neighbor, the needs of my family?
- Has my conversation been focused on my own pleasure, or on others?
- Has my humor been insensitive to others?
- Have I been more focused on myself than on the needs of others?
- Have I spent time with my family? How have I manifested my concern for them? Have I been forgiving and tolerant of them? Have I scandalized them by a bad or lazy example?
- Have I sinned against God and the congregation by being late for Mass?
- Have I made good use of my time, or have I wasted time needlessly?
- Have I planned good use of relaxation and recreation, knowing that I need to rest well?