

You shall not bear false witness against your neighbor.

- I lied, gossiped, or spread rumors about others. (These sins are mortal when they significantly degrade the truth or cause serious harm to another.)
- I committed perjury.
- I seriously betrayed someone's friendship or trust.
- I supported or was an accomplice to the evil acts of another.
- I did not apologize/make amends to someone I seriously hurt.
- I deliberately hid sins from the Priest in previous Confessions.

AN 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. Amen.

OR

Lord Jesus Christ, have mercy on me, a sinner. Amen.

OR

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 I have offended 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 to avoid the near occasion of sin. Amen.

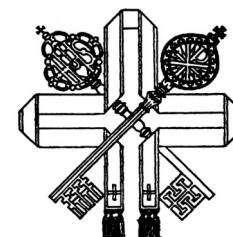
OR

You may use your own words to express your sorrow to God.

AN ADULT'S GUIDE
TO CONFESSION

&

AN EXAMINATION
OF MORTAL SINS



STEPS FOR YOUR CONFESSION

- 1) Spend time examining your conscience.
- 2) Enter the Confessional.
- 3) Begin with, "**Bless me, Father, for I have sinned.**
My last Confession was _____." (Approx. when?)
- 4) Confess all mortal sins and their frequencies.
Confess any venial sins that are particularly troubling.
- 5) Receive counsel and a penance from the Priest.
- 6) Recite aloud an Act of Contrition. (See back page.)
- 7) Receive absolution from the Priest.
- 8) After being dismissed, complete your penance as soon as possible and give thanks to God.

AN EXAMINATION OF MORTAL SINS

The sins listed below—though not an exhaustive list—constitute serious matter and are mortally sinful when we freely choose to commit them.

These sins must be confessed in the Sacrament Confession in order to be reconciled with God and His Church and to be restored to grace.

To be guilty of mortal sin keeps us from God by our own choice. We may not receive Holy Communion while in a state of mortal sin. To die unrepentant of mortal sin endangers our eternal salvation.

You shall have no other gods besides the LORD your God.

- I stopped practicing my faith.
- I left the Catholic Church and/or joined another religion.
- I put something else before my faith duties.
- I was involved in occult acts (séances, palm readings, etc.).
- I rejected an article of the faith or the teachings of the Church.
- I rejected that Jesus Christ and His Church are necessary for salvation.

You shall not take the Name of the LORD, your God, in vain.

- I have harbored anger against God.
- I blamed God for the evil I or someone else has experienced.
- I committed sacrilege: the misuse of something holy/blessed.
- I have broken a vow or solemn promise.
- I have presumed upon God's mercy—committing sin because "God will forgive me anyway."

Keep holy the Lord's Day.

- I deliberately missed Mass on a Sunday or Holy Day of Obligation.
- I received Holy Communion in a state of mortal sin.
- I received communion at a non-Catholic religious service.
- I failed to observe days of penance, fast, or abstinence.

Honor your father and your mother.

- I neglected familial duties so that the welfare of a family member was in danger.
- I cut someone out of my life due to hatred or apathy.
- I disrupted the civil order or participated in subversive acts against a legitimate government and/or the common good.

You shall not kill.

- I killed another person.
- I encouraged or participated in an abortion.
- I have encouraged or allowed euthanasia.
- I participated in the destruction of embryos outside the womb.
- I failed to save someone when I had the ability to do so.
- I mutilated my body or another's body.
- I have had my body surgically sterilized.
- I attempted suicide or seriously considered suicide.
- I sought revenge or dwelt upon thoughts of hatred or malice.
- I abused alcohol or some other kind of drug.
- I discriminated against someone or a group of people.
- I caused scandal or hurt the faith of another by my example.
- I have abused another—physically, mentally, emotionally, sexually, spiritually, etc.
- I have engaged in abuse of or cruelty to animals.

You shall not commit adultery or covet your neighbor's spouse.

- I viewed or created pornography.
- I aroused myself or another through masturbation.
- I engaged in homosexual acts or other unnatural sex acts.
- I used contraceptive practices to disrupt the fruitfulness of the sex act.
- I participated in the creation of embryos outside the womb.
- As a Catholic, I married outside the Catholic Church.
- I had sexual intercourse outside the bond of marriage.
- I was unfaithful to my spouse through adultery.
- I procured a divorce without serious cause.
- I have been unhealthily obsessed with someone.

You shall not steal or covet your neighbor's goods.

- I have cheated, stolen, or vandalized. (These sins are mortal according to the level of harm done to the victim.)
- I have refused or neglected to pay a just wage.
- I have exploited the poor and needy.
- I have grossly neglected or damaged the environment and/or other natural resources in my care.
- I have failed to support the mission of the Church.
- I have been unhealthily obsessed with something.

Continued on back page.