

6. You shall not commit adultery.

Have I been faithful to my marriage vows in thought and action?
Have I engaged in any sexual activity before marriage or outside of marriage?
Have I used any method of contraception or artificial birth control?
Has each sexual act in my marriage been open to the transmission of new life?
Have I respected all members of the opposite sex, or have I thought of other people as objects?
Have I been guilty of any homosexual activity?
Do I seek to be pure in my thoughts, words and actions?
Am I careful to dress modestly, so as not to tempt others?
Have I been guilty of masturbation 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?
Do I waste time at work, school or at home?
Do I gamble excessively, thereby denying my family of their needs?
Do I pay my debts promptly?
Do I seek to share what I have with the poor?

8. You shall not bear false witness.

Have I lied? Have I gossiped?
Have I harmed someone's reputation?
Have I spoken behind someone else's back?
Am I critical, negative, or uncharitable in my thoughts of others?
Do I keep secret what should be kept confidential?

"Go and learn the meaning of the words, I desire mercy, not sacrifice. I did not come to call the righteous but sinners" (MT:9:13)

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

Have I consented to impure thoughts?
Have I caused them by impure television, movies, books, magazines or internet?
Do I pray at once to banish impure thoughts and temptations?
Do I listen to, or engage in, impure conversations or jokes?

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

Am I jealous of what other people have?
Do I envy other people's families or possessions?
Am I greedy or selfish?
Are material possessions the purpose of my life?
Do I trust that God will care for all of my material and spiritual needs?

Which Commandment in the LAW is the Greatest (Matt. 22:36)?

1. "You Shall LOVE the Lord your God, with all your heart, with all your soul, and with all your mind" (Matt. 22:37).
2. "You shall LOVE your neighbor as yourself" (Matt. 22:39).

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.

Remember to go to Confession in this Jubilee Year of Mercy to receive a plenary Indulgence.

"O God, be merciful to me a sinner"
(LK 18:13).

How to Make a Good Confession



Jubilee Year of Mercy

12/08/2015-11/20/2016

How to Make a Good Confession

1. **Examine** your conscience.
2. **Contrition**: be sorry for your sins.
3. **Confess** your sins to a priest.
4. **Resolve** to amend your life.
5. After your confession, do the **penance** the priest assigns.

Procedure in the Confessional

After entering, say: *“Bless me, Father, for I have sinned. It has been - (state the length of time) – since my last confession. These are my sins.”*

Then tell your mortal sins and the number of times committed. If you have no mortal sin to confess, then confess the venial sins you have committed since your last confession. When you have finished telling your sins, you should say: *“For these and all the sins of my past, I am truly sorry.”*

The priest now gives the necessary advice, assigns your penance and asks you to say the Act of Contrition (in some form). Then wait and listen as the priest gives the absolution. Then say *“Thank you, Father”*, then leave the confessional and then do the penance assigned by the priest.

The Differences in sins

There are two kinds of actual sin, **mortal** and **venial**.

1. **Venial** sins are light sins. They do not break our friendship with God, although they injure it.
2. **Mortal** sin is an offense against God and destroys the life of grace in the soul.

Three simultaneous conditions must be fulfilled for a **mortal sin**:

- (1) the act must be something very serious;
- (2) the person must have sufficient understanding of what is being done;
- (3) the person must have sufficient freedom of the will.

So I cannot commit a mortal sin if the matter is not serious (e.g., if I stole a small amount of money from my employer), or if I did not know what I was doing (e.g., if I were to hurt someone accidentally or unthinkingly), or if I did not act with full freedom (e.g., I was under physical or emotional pressure). A Catholic should know well the difference between mortal and venial sins. Deliberately missing Sunday Mass without sufficient cause is to be considered a mortal sin.

“For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life” (JN 3:16).

Examination of Conscience

1. I am the Lord your God. You shall not have other 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 (horoscopes or ouija boards) or have I been involved with the occult?
Do I seek to surrender myself to God’s Word as taught by the Church?
Have I received Communion in the state of mortal sin?
Have I ever deliberately told a lie in Confession or
have I withheld a mortal 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 any other person?
Have I insulted a sacred person or abused a sacred object?

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

Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
Have I not kept Sunday as a family day and a day of rest?
Do I do needless work on Sunday?
Do I make others work on Sunday?

4. Honor your father and your mother.

Do I honor and obey my parents?
Have I neglected my duties to my spouse and children?
Have I given my family good religious example?
Do I try to bring peace into my home life? Do I care for my aged and infirm relatives? Do I respect my elders?
Do I respect my pastor, bishop, and the Pope?

5. You shall not kill.

Have I had 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 been angry or resentful? Have I harbored hatred in my heart?
Have I been sterilized for reasons of birth control?
Have I encouraged or condoned sterilization?

“Be merciful, just as your Father is merciful”
(LK 6:35).