



Welcome home

# The Light is On For You

## Examination of Conscience

Confession can seem intimidating for a lot of people, but with some simple preparation, it can be a healing encounter with Christ that fills us with peace. Pray that God will give you peace and help you make a good confession.

Reflect on ways you have harmed your relationship with God, yourself & others using the question below.

- + Do I pray to God every day? Have I thanked God for His gifts to me?
- + Did I put my faith in danger through readings contrary to Catholic teachings or involvement in non-Catholic sects? Did I engage in superstitious practices: palm-reading or fortune-telling?
- + Did I take the name of God in vain? Did I curse or take a false oath?
- + Did I miss Mass on Sundays or holy days of obligation through my own fault? Am I attentive at Mass? Did I keep fast and abstinence on the prescribed days?
- + Did I disobey my parents and lawful superiors in important matters?
- + Did I hate or quarrel with anyone, or desire revenge? Did I refuse to forgive? Was I disrespectful?
- + Did I get drunk? Did I take illicit drugs?
- + Did I consent to, recommend, advise or actively take part in an abortion?
- + Did I willfully look at pornography, entertain impure thoughts or engage in impure conversations or actions? Did I use artificial means to prevent conception?
- + Was I unfaithful to my spouse? Did I engage in sexual activity outside of marriage?
- + Did I steal or damage another's property? Have I been honest and just in my business relations?
- + Have I been responsive to the needs of the poor and respected the dignity of others?
- + Did I tell lies? Did I sin by calumny, or detraction, of others? Did I judge others rashly in serious matters?
- + Have I envied other people?



### How do I go to Confession?

**Confess** your sins aloud to the priest, who listens lovingly on behalf of Christ and the Church.

**Receive Penance**, the prayers or good deeds the priest gives you to begin healing the relationships hurt by your sins.

**Pray an Act of Contrition**, a simple expression to God that you are sorry for your sins and that you resolve to leave sin behind and live in the light!

**Receive Absolution**, the words the priest speaks which reconcile you to God and the Church.

### 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.