

# Other sins to consider...

- Used foul language.
  - Fought with others
  - Did unnecessary work on Sunday.
  - Was selfish, lazy or proud.
  - Spoke unkindly to others.
  - Told lies or cheated.
  - Told harmful truths about others without serious reason to do so (gossip/detraction).
  - Was excessively critical of others or resentful.
  - Became unreasonably angry.
  - Willfully delayed forgiving.
  - Failed to accept God's forgiveness.
  - Dressed immodestly.
  - Was late for Mass or left Mass early.
  - Did not fast for 1 hour prior to receiving Holy Communion.
  - Was disrespectful to parents, priests, teachers, elderly, etc.
  - Did not do a fair day's work.
  - Paid unfair wages to employees.
  - Used unfair tactics to hurt another's business.
  - Dwelled on impure thoughts.
  - Gave scandal to children or others.
  - Was irreverent in Church.
  - Ate or drank in excess.
  - Willfully angered others.
  - Refused to help the poor or needy when able.
  - Watched TV shows or movies or read material which promoted immoral sex or violence.
  - Watched excessive TV or wasted time.
  - Discriminated against other individuals.
  - Drove a car carelessly or while under the influence.
  - Violated a (just) law.
  - Failed to care for own health
- Other imperfections which may be mentioned:**
- Did not pray enough
  - Did not always make God first, only giving God the basic minimum
  - Lived by the pleasure principle: "I want what I want when I want it" in any area of my life.
  - Was not loving or kind or respectful to others.
  - Failed to trust in God's loving care.

Lord, have mercy on me.

What is a venial sin? It involves less serious matter when one does not observe the standard prescribed by the moral law, or when one disobeys the moral law in a serious matter but without full knowledge or without complete consent. (Catechism of the Catholic Church #1862)

What is a mortal sin? It is one which involves serious matter, full consent of the will, and full knowledge that the act is seriously sinful. (Catechism of the Catholic Church #1857)

## Act of Contrition

Oh my God, I am truly 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 occasion of sin. Amen.



# La Purisima Catholic Church Confession Guide



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# How to Celebrate the Sacrament of Penance/Confession

1. Examine your conscience carefully and pray to make a good confession.
2. Enter the Confessional. You have the option to kneel or sit in the chair in front of the priest.
3. Begin by making the Sign of the Cross: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."
4. The priest will then greet you and may read a passage from Sacred Scripture.
5. You may wish to indicate your state in life (i.e. married, single, widowed etc.). Then state how long it has been since your last confession.
6. Confess your sins. Make sure not to conceal any sins. You may also indicate the frequency (daily, rarely, etc.) and number of times you have committed these sins. After confessing all your sins you may say, "For these and all the sins of my past life that I cannot remember, I am truly sorry and I ask forgiveness of God and absolution of you, Father." and: "His mercy endures forever."
7. The priest may give you some advice and then he gives you a penance which you will say or do outside the Confessional.
8. After the priest gives you a penance, pray the Act of Contrition (your own words, one you already know, or the one on the back side of this page).

9. The priest will then absolve you from your sins. Make the sign of the cross as he gives you absolution.

10. The priest may then say: "Give thanks to the Lord, for He is good." You respond: "His mercy endures forever."

11. The priest will then dismiss you. "The Lord has forgiven your sins. Go in peace. Thank the priest as you leave. Complete the penance you have been assigned.

## Prayer Prior to Examination of Conscience

Lord Jesus, Show me where I am failing to love any one of your brothers or sisters as you love me.

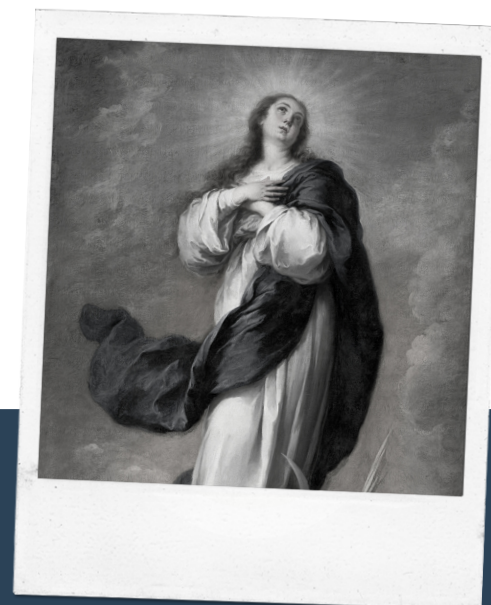
Show me where I am failing to love myself as you love me.

Show me where I am putting myself before God.

Show me where I am seeking my own desires at the expense of a brother or sister.

Your power finds its strength in my weakness; without you I can do nothing.

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



# Examination of Conscience

Is my heart set on God, so that I really love Him above all things and am faithful to His commandments? Or am I concerned primarily with the things of this world?

Some examples of objectively serious sins are:

- Worship of false gods by giving them greater attention and deeper trust than I give God: money, superstition, spiritism, or other occult practices.
- Offended God in blasphemy, swearing falsely, or taking that name of the Lord in vain.
- Missed Sunday (or Holy day Mass) without serious reason (for example: illness).
- Received Holy Communion in a state of mortal sin.
- Withheld a mortal sin in confession.
- Took, used or sold drugs or abused alcohol.
- Had an abortion, pressured or cooperated with someone to have an abortion, or paid for an abortion.
- Committed impure acts with self (masturbation).
- Used pornography (movies, videos, magazines, novels, etc.).
- Committed adultery, fornication (sexual intercourse outside of marriage), incest, or a homosexual act.
- Used artificial birth control (pills, condoms, etc.).
- Stolen or damaged other's property.
- Bought or accepted stolen property.
- Falsely accused another of sinful behavior/slander.
- Desired the possessions of others unjustly and inordinately.