

## Examination of Conscience

**Bold: Grave Matter**

### Rite of Reconciliation

1. **“Forgive me Father for I have sinned. It has been \_\_\_\_\_ since my last Confession.”**

2. **My Sins are...** Be concise and to the point. Mortal sins must be confessed in kind and in number as best as you can remember. Then confess a few predominant venial sins. It is recommended to confess grave sins first. If you do not have any mortal sins simply confess your predominant venial sins....**For these and for any sins I might of forgotten.**

3. Listen to the priest’s words.

4. **Make an act of contrition:**

**“Oh 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 are 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.”**

5. Receive absolution and then go outside of the confessional to do your penance.

Prayer before Confession  
By: St. Leonard of Limousin

O most adorable Trinity, Father, Son and Holy Spirit, my God, worthy of all my love, I prostrate myself before you.

Mercifully regard a most miserable sinner who would gladly be reconciled to you by a good confession. But, O my God, as I can do nothing if not aided by you, I implore you by the compassion of your tender mercy to enlighten me, that I may know all my sins; make me understand all their malice and hideousness that I may detest them with my whole heart.

Jesus, never failing fountain of compassion, I approach you, that you may cleanse me from all my iniquities. Son of Righteousness, send the bright beams of your divine grace into the dark recesses of my soul. Divine Physician, heal your infirm creature. O infinite Love, enkindle the flames of your love in my soul that it may love nothing but you. And may this confession I am going to make be all that you would wish it. May it bring about in me an entire change of life, so that I may be fully reconciled to you, my God, my Hope, my Love; for you are my Savior, and without you there is no peace for my erring soul.

#### **First Commandment:**

**Idolatry, Divination, Sorcery, going to mediums, witch doctors, tarot cards, acts of sacrilege, ouiji board, charlie charlie, calling upon demons, making deals with the devil/demons.**

#### **Second Commandment:**

**Blasphemy, Perjury, False Oaths, Curse the name of Jesus, Mary, Saints. Purposely break statues.**

#### **Third Commandment:**

**Knowingly/Willingly Missing Mass on Sunday/Holy Days of Obligation. Willingly not fasting 1 hour before communion.** Purposely coming late to mass. Looking at your phone during Mass. Purposely not paying attention. Not praying as you should. (If extreme could be mortal).

#### **Fourth Commandment:**

**Cursing at Parents, extreme anger towards parents, wishing parents were dead. Disobeying/deceiving parents in serious matters.** Being rude, not obeying promptly, disobedience in minor items.

#### **The Fifth Commandment:**

**Murder, abortion, euthanasia, suicide, scandal, drug abuse, alcohol abuse, terrorism, extreme anger, extreme desire for revenge, hatred, extortion.**

#### **Sixth & Ninth Commandment:**

**Enjoying the sexual passions outside of marriage is grave matter. Examples include: Adultery, Fornication (sex between the unmarried), oral sex, masturbation (alone or with others), prostitution, pornography, rape, incest. Divorce. \*Knowingly and \*willingly exciting the passions in another with your words, actions, writing, or immodest dress.**

#### **Seventh Commandment:**

**Theft.** Stealing is usually a mortal sin unless the harm done is extraordinarily light. (Also...stealing \$1 from a beggar who has nothing might be like stealing \$10 from a normal person. When in doubt confess it anyways.) **Unfair wages, taking advantage of the poor.**

#### **Eighth Commandment:**

**Lying, Cheating, bearing false witness is usually grave matter unless the circumstance is unusually insignificant, but it should still be avoided.**

#### The 7 Deadly Sins:

- Pride
- Envy
- Gluttony
- Lust
- Anger
- Greed
- Sloth