

CONFESSION

The Sacrament of Penance allows us to meet Christ and hear Him say, “I absolve you,” taking away our sins.

HOW TO MAKE A *good confession*

1. **PREPARATION:** Ask the Holy Spirit to help you know your sins, feel sorry, and trust in God’s mercy.
2. **EXAMINATION:** Examine your conscience to find out your sins.
3. **CONTRITION:** Be sorry for your sins. Think of how Jesus loved you so much that He took all your sins to the Cross.
4. **RESOLUTION:** Make up your mind not to sin again.
5. **CONFESSION:** Tell your sins to the priest.
6. **SATISFACTION:** Do the penance the priest gives you.

HOW TO GO TO CONFESSION

1. Pray to the Holy Spirit, examine your conscience, and then think about the harm your sins have done, so that you wish you had not committed the sin. Resolve not to sin again.
2. Go to the priest.
3. Make the Sign of the Cross.
4. Tell the priest how long it has been since your last confession.
5. Tell the priest your sins, starting with the biggest ones (mortal sins).
 - Confess each mortal sin (if you have any) by name, saying how many times you committed it.
 - Confessing a venial sin gives you the grace to stop committing it.
 - You can end with “For these and all my other sins, I am very sorry.”
6. Listen to the priest’s advice and remember your penance.
7. Say an act of contrition.
8. Leave the priest, thank God for the great mercy He has given you, and do your penance.

MORTAL SINS

A single mortal sin cuts off our life of grace and makes us incapable of going to heaven. If we commit a mortal sin, we should go to confession as soon as possible, so that God can give us back this life of grace.

Three things must be true for an act to be a mortal sin:

1. The act must be **seriously wrong** (grave matter).
2. You must **know** that it is wrong (full knowledge).
3. You must **freely choose** to do it anyway (full consent).

If any one of these is not true, then the act was a venial sin.

For a good confession, each mortal sin you have committed must be confessed.

EXAMPLES: *God gave us the Ten Commandments to show us which acts are so seriously wrong that they destroy our relationship with God.*

1- You shall have no other gods before Me:

denying the faith
entertaining doubts
despair or presumption
hatred of or indifference to God and others
sacrilege
witchcraft and occult practices

2- You shall not take the Lord’s name in vain:

blasphemy
lying/doing evil in God’s name
deliberately misusing the name of Jesus

3- Keep holy the Sabbath:

deliberately skipping Mass on Sunday or a Holy Day of Obligation
failing to keep the fasts of the Church

4- Honor your father and your mother:

deliberate and intense disrespect to parents (such as striking or cursing them)
failing to care for parents in their old age

5- You shall not kill:

murder
abortion
deliberate hatred
scandal (leading others to grave sin)
abusing drugs and alcohol

6- You shall not commit adultery and 9- You shall not covet your neighbor’s wife:

committing acts reserved for marriage outside of it
impure acts
viewing impure things
deliberately dwelling on impure things

7- You shall not steal and 10- You shall not covet your neighbor’s goods:

significant theft
major cheating
tax evasion
fraud
greed
failing to help support the Church (tithing)

8- You shall not bear false witness:

deliberate, false accusations or testimony
evil flattery
lying about important things or to harm others

When we desire to grow in our relationship with God, we try to root out anything contrary to His love.

The Examination of Conscience on the next page can help you identify, repent of, confess, and overcome sin at its root.

— THE PATH TO — CONVERSION *and the seven deadly sins*

The seven deadly sins are called “deadly” because they wreak havoc in our daily lives. When we understand how they are active and which virtues oppose them we can identify our patterns of sin, confess them, and uproot them, continuing along the path to God.



WANT MORE TIPS ON BEATING THE SEVEN DEADLY SINS?



www.openlightmedia.com/courses/vice-to-virtue/

PRIDE | Undue self-esteem or self-love, which seeks attention and honor and sets oneself in competition with God

| MANIFESTATION OF PRIDE | Virtues to Cultivate |
|---|----------------------|
| Vanity Arrogance Boasting Haughtiness Ambition Ostentation Love of limelight Hypocrisy Vainglory | HUMILITY HONESTY |
| Disobedience | OBEDIENCE |
| Despising others Holding others in contempt Discord Obstinacy (hardheadedness) Quarreling | CHARITY KINDNESS |

ANGER | An emotion which is not in itself wrong but which, when it is not controlled by reason or hardens into resentment and hate, becomes one of the seven sins

| MANIFESTATION OF ANGER | Virtues to Cultivate |
|--|-------------------------------|
| Undue sensitiveness Impatience Irritability Grumbling Fault-finding | MEEKNESS PATIENCE RESPECT |
| Quarreling Discord Contention Argumentativeness | HUMILITY HONESTY CHARITY |
| Gossip Detraction Defamation Calumny | JUSTICE |
| Excessive anger Revengeful Retaliation Fury Violence Repressed anger Temper tantrums Cruelty Reactive anger | SELF-CONTROL |

ENVY | Resentment or sadness at another’s good fortune, and the desire to have it for oneself

| MANIFESTATION OF ENVY | Virtues to Cultivate |
|--|----------------------|
| Nasty and unkind remarks about others | KINDNESS |
| Constantly belittling others Gossip Detraction Backbiting Calumny | SINCERITY |
| False judgments Discord Hatred Spirit of enmity | CHARITY |
| Jealousy – inordinate love of self and fear of losing something | HUMILITY |

ACEDIA | (SLOTH) A form of sadness when encountering God and God’s ways (spiritual sloth), caused by neglecting the faith and the moral life

| MANIFESTATION OF ACEDIA | Virtues to Cultivate |
|---|---|
| Uneasy restlessness of the mind Excessive curiosity Talkativeness Instability of place and purpose | TEMPERANCE SELF-CONTROL CHASTITY MODERATION |
| Apathy Listlessness Torpor with regard to one’s need for salvation | PERSEVERANCE INDUSTRIOUSNESS MAGNIFICENCE |
| Faintheartedness ‘Small soul’ Lacking courage to pursue spiritual life | FORTITUDE MAGNANIMITY |
| Despair | HOPE |
| Nursing grudges Spitefulness Maliciousness | MODERATION |

AVARICE | (GREED) Inordinate desire for earthly things

| MANIFESTATION OF AVARICE | Virtues to Cultivate |
|---|----------------------|
| Deceit Perjury Lying Cheating Craftiness Shrewdness | HONESTY |
| Treachery Fraud Betrayal | JUSTICE LOYALTY |
| Restlessness Hardness of heart Violence | GENEROSITY |

GLUTTONY | Overindulgence in food or drink

| MANIFESTATION OF GLUTTONY | Virtues to Cultivate |
|--|----------------------|
| Dullness of sense Talkativeness Vulgarity Impurity | TEMPERANCE MODESTY |
| Intemperance Overindulgence in food and drink | MODERATION |
| Ruin of health | PRUDENCE |

LUST | Inordinate desire for sexual pleasure or inordinate enjoyment of sexual pleasure

| MANIFESTATION OF LUST | Virtues to Cultivate |
|--|--|
| Internal acts: Intentionally dwelling on fantasies Impure thoughts and desires (Sins forbidden by ninth commandment) | TEMPERANCE SELF-CONTROL CHASTITY MODERATION MODESTY |
| External acts: Sins against chastity Impurity Viewing pornography Adultery Fornication (Sins forbidden by the sixth commandment) Intemperance Overindulgence in food and drink | PURITY LOYALTY |
| Blindness of mind- prevents one from thinking clearly Inconsideration Thoughtlessness Inordinate self-love | TO PRESERVE A PURE HEART LIFE OF CHASTITY— LIFE OF CHARITY— LIFE OF COMMITTED TRUTH |
| Weakening of the will Inconstancy Hastiness Imprudence | PRUDENCE FORTITUDE |
| Disordered attachment to the world Despair Hatred of God | FAITH HOPE |

ACT OF CONTRITION

O 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 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 confess my sins, to do penance, and to amend my life. Amen.