

*Before coming to Confession, use an 'Examen' [below] to examine your conscience. Begin with your state in life [i.e., married, single, parent, etc.] and approximate time since your last Confession; list all grave, serious, major [mortal] sins by number and kind; a general admission of sinfulness suffices for less serious [venial] sins: i.e., impatience, intolerance, stinginess, lack of charity, forgiveness, etc. After the Priest offers a penance, listen to the Prayer of Absolution; pray the Act of Contrition AFTER you leave.*

#### A BIBLICAL EXAMINATION OF CONSCIENCE

"The LORD God ... called to the man and asked him:  
'Where are you?'

He answered, 'I heard you in the garden;  
but I was afraid, because I was naked, so I hid.'  
[Genesis 3:9-10]

Am I growing in my capacity for truly loving, honest  
and mutually-respectful relationships?

Am I honest with myself? Am I honest with those  
I love? Am I honest with God?

Do I need to grow in courage, and in my ability  
to deal with conflict in honest, respectful  
and constructive ways?

Am I so afraid of God - or of what He asks of me -  
that I try to hide from the LORD  
or from the Church's rites and rituals?

Am I a respectful, dependable person,  
in whom others see another Christ?

Do I think of my activity - family, work, leisure -  
as ways to serve God and  
bring God's presence into the world?

"LORD, you have probed me, you know me:  
you know when I sit and stand; you understand my  
thoughts from afar. You formed my inmost being;  
you knit me in my mother's womb.

My very self you know." [Psalm 139:1-2, 13, 14b]

Do I misuse the gifts God has entrusted to me:  
All my talents? All my treasure? All my knowledge? All  
my abilities and skills?

Do I use God's gift of my sexuality for  
manipulation or pleasure rather than an expression  
of mature, committed, monogamous love?

Have I taken seriously God's personal call to me -  
to be holy - to be His child in every sense of the word -  
by participating weekly in the Sunday Eucharist  
and other religious services?

Have I taken the time to pray  
and to allow God's love to touch me?

Am I aware of the sacredness of earth and life;  
do I build my life upon that awareness?

Do I avail myself to the sacramental grace  
that comes to us in the Most Holy Eucharist  
and in Confession, Penance or Reconciliation?

*"As the Father loves me, so I also love you.  
Remain in my love. If you keep my commandments, you  
will remain in my love."  
[John 15:9-10a]*

Do I do all I can to bring Christ's compassion  
and justice into my little part of the world,  
through all I say and do?

Do I have a genuine love and concern for others?  
Or have I hardened my heart toward certain people,  
or refused to reach out to those whom I have hurt?

Am I living a life committed to justice?  
Do I participate actively in community and political life,  
making all my decisions according to the Gospel?

Have I succumbed to prejudice, bigotry  
or any form of degradation of people?

Am I growing in my capacity for steadfast  
and committed love: of myself, of my family  
and of my friends?

Am I also growing in my capacity for steadfast  
and committed love for the poorest and for the  
most rejected, in whom God is also present?

#### ACKNOWLEDGMENT OF SIN

Loving God, your mercy is our hope:  
welcome us to the Sacrament of Reconciliation.  
Make us a living sign of your love for all to see:  
people reconciled with you and with each other.

Make us grow in your peace:  
and seek to spread it throughout the world.

In forgiving our sins help us to love others  
and to forgive their sins against us.

Give light to our darkness:  
and lead us by your truth.

In your mercy free us from the past:  
and enable us to begin a new life of holiness.

Overcome the harm our sinfulness has brought us:  
and guide us back into the ways of love and peace.

**CONFESSION TIME: FRIDAY:  
DECEMBER 13, 2024 - 5:30 pm - 7:00 pm**