

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. with your whole heart."

AN ADVENT EXAMINATION OF CONSCIENCE

As I prepare to meet my Master at His Second Coming or my own Death, I seek forgiveness for the failings in my private life:

Have I abused or neglected the gift of my body, a temple of the Holy Spirit?

Have I overindulged in food or alcohol; have I misused medicines or drugs?

Have I engaged in sinful sexual practices?

Have I become complacent or self-satisfied?

As I prepare to meet my Master at His Second Coming or my own Death, I seek forgiveness for the failings in my family life:

Have I hurt or neglected my family or loved ones?

Have I withheld love from those closest to me?

Have I argued or bickered too easily?

Have I failed to say I was sorry or to offer forgiveness?

Have I withdrawn into my pursuits?

Have I failed to admit that I was wrong?

Do I dwell on my loved ones' faults or failings, overlooking their quirks and imperfections?

As I prepare to meet my Master at His Second Coming or my own Death, I seek forgiveness for the failings in the life of my community:

Have I been a disruptive force because of my own ego?

Have I failed to be a peacemaker?

Have I intentionally excluded others?

Have I been greedy in the face of poverty or need?

As I prepare to meet my Master at His Second Coming or my own Death, I seek forgiveness for the failings with God and His Church:

Have I failed to put my relationship with God first?

Have I failed to make time for regular private prayer and for communal worship with others?

Have I made important choices in my life without listening for God's voice?

Have I held back when God was calling me to be an instrument of grace to others?

Have I failed to offer back to God the gifts He has entrusted to me?

Have I offered myself in service to God's Church?

A LITANY OF FORGIVENESS

Loving God, in your goodness, forgive my sins against the unity of my family, make me one in heart, one in spirit, with others.

Touch my heart and change my life, help me grow always in your friendship.

Receive me as I come before you with a humble and contrite heart, with your pardon, give me also your peace.

Restore me, Lord, to your favor, and give me joy in your Presence, may my glory be to serve you with all my heart.

ONE OF THE NINE ACTS 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. Amen.

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



**FORMED
A FREE
GIFT TO
YOU
FROM
OUR
PARISH.
SIGN UP
AT
FORMED.
ORG**