

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 EXAMINATION BASED ON OUR BLESSED MOTHER'S VISITATION AND THE MAGNIFICAT

*"Most blessed are you among women, and blessed is the fruit of your womb."*

Have I greeted others with a blessing - or with a curse? Have I borne bitter fruit in my thoughts, my words, or my deeds?

*"And how does this happen to me that the mother of my Lord should come to me?"*

Have I denied my own worth - or the worth of others?

Do I deny God's presence in me - or in others?

Have I missed God's presence because I am too busy, too hurried, or too anxious?

*"For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy."*

Are my ears open to the sound of God's voice in unexpected people, places or encounters?

Am I so serious I cannot leap for joy or rejoice in God's presence within me? Within others?

*"Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."*

Have I lost hope and faith in myself or others?

In the Church or world, my Parish or community?

Do I prevent God's Word from being fulfilled by my apathy or passive-aggressiveness, despair, complacency or lack of support?

*"My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior."*

Does my whole being, my every word and every deed, proclaim God's goodness and love? Do I sing and dance, play and rejoice with others as often as I can?

*"For he has looked upon his handmaid's lowliness; behold, from now on all ages will call me blessed."*

Have I acknowledged the quality of all people, regardless of their educational background, lifestyle, spirituality, political party, economic situation, physical or emotional condition, race or nationality?

Do I do all I am called to do so everyone, in every age and place, will call me blessed?

*"The Mighty One has done great things for me, and holy is his name."*

Have I taken credit for what I have not done? Have I denied my own participation in the evil that takes place in my community, my Church, my family, my Country, or any associations?

*"His mercy is from age to age to those who fear him."*

Have I so lost my sense of mercy and compassion that nothing ever angers or sickens me? Have I so lost a healthy sense of fear, awe, and reverence that nothing ever moves me at my deepest core?

*"He has shown might with his arm, dispersed the arrogant of mind and heart."*

Have I been arrogant, haughty or unafraid of God - or used my own power, status, education, or religion to put others down, even in the silence of my heart?

*"He has thrown down the rulers from their thrones but has lifted up the lowly."*

Do I participate in and influence the political life of my city, state, and nation? Am I afraid to be prophetic or revolutionary because it may cost me my comfort?

*"The hungry he has filled with good things; the rich he has sent away empty."*

Am I gluttonous for praise, solitude or piety; do I only pray for those who are like me? Have I sent away empty, without acknowledgment, thanks or gratitude - anyone who has been good to me?

*"He has helped Israel his servant, remembering his mercy, according to his promise to our fathers, to Abraham and to his descendants for ever."*

Have I refused to give help and mercy to anyone, or broken my promises to anyone? Will I leave this world a more merciful, just, and loving place for my descendants?

### ONE OF THE NINE ACTS OF CONTRITION

Lord Jesus, you chose to be called the friend of sinners.  
By your saving death and resurrection free me from my sins.  
May your peace take root in my heart and bring forth a harvest of love, holiness, and truth. Amen.

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