

SESSION III--EXAMINATION OF CONSCIENCE

EXAMINATION OF CONSCIENCE

Before Confession, one should make a good examination of conscience and be sorry for one's sins. There are two types of sins: commission (what you have done) and omission (what you have failed to do.) Think of both.

The **SEVEN DEADLY SINS** are the roots of all sin.

PRIDE is the deadliest of the seven deadly sins.

Pride allows us to believe that we are God.

- Have I considered my wants and needs more important than my relationship with God?
- Have I failed to give thanks to God for my gifts and talents? Do I fail to use them for the good of this world and others?
- Do I take pleasure in another's failure?
- Do I take credit for another's good work?
- Do I lie to make myself look better than others?
- Have I failed to admit my wrongdoings and let others take the blame?
- Have others suffered due to my arrogance?

Envy is sadness at the happiness of another.

- Have I been envious of someone's abilities, ideas, attractiveness, possessions, money, friends, family?
- Have I repeated accusations or exaggerated the facts to damage another's reputation?
- Have I failed to defend the reputation of another?
- Have I purposely shared confidential information about another to ruin his/her reputation?

ANGER is the desire for revenge, spite, or vengeance.

- Have I harbored resentments, grudges, and/or hatred in my thoughts about others?
- Have I imagined hurting another to get even?
- Have I harmed others physically, emotionally, spiritually or psychologically?
- Do I withhold forgiveness to punish others?
- Do I control others with my temper?
- Do I hold others in contempt?

SLOTH is a spiritual indifference which can lead to laziness and a lack of zeal for God and Christian living. Sloth can make us lethargic and want to do nothing

- Have I made every effort to put God above all else in my life, including Sunday Mass and daily prayers?
- Have I allowed friends, family or other distractions to convince me that faith in God is not important?
- Have I become lazy or indifferent about my spirituality and being a good example to others?

GREED (or Covetousness) is the excessive love of possessing things beyond our needs or the unreasonable desire for riches.

- Have I cheated, stolen, or knowingly failed to return things that I borrowed?
- Did I borrow things without permission?
- Have I been stingy or selfish in giving?
- Have I wasted money?
- Do I always want more than what I have?

GLUTTONY is the inordinate desire for pleasure connected with food and drink.

- Have I eaten more than I need, with no or little consideration of others?
- Do I fail to practice self-sacrifice to be in solidarity with those who are needy?
- Do I fast 1 hr. before receiving Holy Communion?
- Have I abused alcohol or taken drugs?

LUST is a disordered or unreasonable desire for sexual pleasure.

- Have I viewed other people as mere sexual objects rather than as persons to be loved?
- Have I looked at pornography?
- Have I entertained thoughts, jokes, conversations that diminish the beauty of sexuality as God intended?
- Have I engaged in acts of sexual self-pleasure?

HOW TO MAKE A GOOD ONFESSION

1. Make a good examination of conscience.
2. Be sincerely sorrowful for your sins.
3. Confess all your sins to a priest.
4. Make certain that you confess any mortal sin.
5. Say the Act of Contrition.
6. Complete the penance that the priest gives you.

ACT 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.