

### Prayer before Confession

Accept my Confession, O dear and merciful Jesus, you who are my only hope of salvation; give me true sorrow for my sins; help me to be humble and to resolve to begin again, and to live only for your glory and praise. Oh dear Mary, my Mother, pray for me, to make a very good Confession.



### EXAMINATION OF CONSCIENCE

Have I been true to Jesus Christ? Have I had the courage to stand up for the Faith? Did I do superstitious things such as palm-reading or fortune telling? Do I pray each day at rising, meals, and bedtime? Have I doubted or spoken against a teaching of the Catholic Faith? Did I endanger my Faith by bad books or friends, or participate wrongly in other religions? Did I use God's name carelessly or curse or use vulgar words? Have I skipped Mass on Sundays or a Holy Day of Obligation?



Did I needlessly work on Sunday? Have I dressed modestly for Holy Mass? Did I obey the laws of fast and abstinence? Did I go to Confession at least once a year? Have I received Holy Communion in the state of mortal sin? Did I fast for 1 hour before Holy Communion and receive the Lord with love?

Do I respect and love my parents? Did I respect teachers and those in authority? Was I disobedient or was I a complainer? Do I pray for my parents? Have I neglected to care for aged parents? Have I failed to visit an elderly or sick person who was in need of my visit? Did I get angry or lose my temper? Did I refuse to forgive? Did I over-eat, get drunk, or abuse drugs? Did I fight with, or hurt someone?

**FAST AND ABSTINENCE:**  
No meat on Fridays of Lent;  
Less than 2 meals on Ash Wed. & Good Friday;  
Some small sacrifice each Friday of the year

**HOLY DAYS OF OBLIGATION:**  
Dec. 8 – Immaculate Conception  
Dec. 25 – Christmas  
Jan. 1 – Mary, Mother of God  
Aug. 15 – Assumption of Mary  
Nov 1 – All Saints Day

Was I guilty of pride, vanity, or hatred? Did I intentionally hurt myself or try to end someone's life or my own? Was I involved with, or encourage an abortion? Was I prejudice or racist? Have I wasted time with TV or internet? Did I have critical thoughts about others? Have I given bad example? Did I indulge in impure thoughts, read bad books, or look at pornography? Did I commit impure actions with self or others, or lead others into sin? Did I have sexual relations outside of marriage? Was I immodest in my dress or behavior? Did I steal something or illegally copy software or songs? Have I been lazy?



Did I cheat in school or business? Did I gamble excessively? Was I stingy? Did I fail to support the Church if I am able? Have I told lies, spoken badly of others, gossiped, or hurt someone's reputation? Have I been envious or jealous? Am I greedy for things? →

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