

St. Thomas Aquinas Catholic Parish, College Station, TX 77845

Examination of Conscience for Lenten Penance Service, 2015

Our Lenten Theme: MAKE A DIFFERENCE! COMMIT NOW!!! GIVE UP INDIFFERENCE!!!

IN RELATION TO GOD:

HAVE I been indifferent to God or my faith in my life? placed worldly things such as money, power, success, friendships or possessions before my relationship with God? attempted to grow spiritually and defend my faith? been part worldly and part believer? been ungrateful for the many blessings God has given me? only turned to God when I am in need? neglected my regular prayer life? rebelled against God's plans? given in to despair about God or his forgiveness? received one of the sacraments without the proper disposition of soul (i.e. receiving Holy Communion, confirmation, matrimony)? spoken disrespectfully, hatefully, defiantly, or carelessly about the faith, or sacred persons, places and things? watched movies or listened to music that was blasphemous or irreverent? missed Holy Mass on Sundays or Holy Days without serious cause? attended Mass by arriving late or leaving early without serious cause? given to the Church on a regular basis? given an amount appropriate for my situation? volunteered my time for the Church appropriately for my situation? prayed for the needs of the Church?

IN RELATION TO OTHERS:

HAVE I been honest and fair with everyone or do I fuel the "throw away culture"? refused to be generous with my resources to those in need? devoted time to my family and loved ones? spoken disrespectfully to my parents or legitimate authorities? failed to care for and support my elderly parents or other family? failed to love and sacrifice for my family? failed to provide a good example of a virtuous life to others in my care? neglected the needs, education, discipline, or spiritual formation of my children? prayed daily with my children? neglected to encourage my children to receive the sacraments of Holy Communion and Confession on a regular basis? failed to foster openness to vocations in my children (marriage, holy orders, consecrated single life, etc.)? lied or willfully deceived someone? gossiped? harmed someone's reputation through detraction (telling others about someone's faults without grave cause) or calumny (telling lies about a person) or libel (writing lies about someone)? broken just laws? voted for or promoted laws that undermine the common good, religious freedom, the teachings of the Church and the moral law? failed to promote the just treatment of the poor, indigent, or migrants in society? killed or injured a human being directly or negligently and unjustly or cooperated in doing so? Abortion? Euthanasia? failed to promote the dignity and sacredness of human life? failed to "turn the other cheek" or love my enemies? physically, emotionally, or psychologically injured someone or desired to do so? given scandal or otherwise shown lack of care for someone's soul? committed adultery (sexual acts or conversation with a married person or with a person that is not my spouse)? failed to make restitution for theft, fraud, or any other action against the 7th commandment? failed to work diligently and deliver an honest day's work to my employer? succumbed to sloth? failed to do the appropriate amount of work for my family?

IN RELATION TO MYSELF:

HAVE I put my soul in peril? failed to live simply and instead given in to materialism? failed to rejoice in another's success? rejoiced in the misfortune of others? been living a double life? been a hypocrite? engaged in flattery? been boastful or arrogant? abused alcohol or drugs? shown a lack of concern for my health or that of others? committed the sin of gluttony or encouraged others to do so? gambled excessively? been envious, jealous, greedy or covetous? used foul language or watched movies or music that contained foul language? failed to promote peace? given scandal through my actions or inaction? allowed my anger to control me or persist unchecked? been uncharitable to someone, fought with them, or held a grudge? failed to forgive someone when they have asked me for forgiveness? sought or contemplated revenge? used artificial birth control or encouraged its use? procured a sterilization of my reproductive organs or encouraged someone else to do so? masturbated? used or promoted pornography whether in photos, videos, audio or the written word? tried to kill or harm myself or considered it? given in to concupiscence (intense human carnal desires) or lust (disordered desire of inordinate enjoyment of sexual pleasure)? failed to dress modestly or avert my eyes when someone else is dressed immodestly? encouraged or voluntarily indulged in impure thoughts? shown a disregard for the environment?

ST. THOMAS AQUINAS PARISH ADVENT PENANCE SERVICE—MARCH 30, 2015

How to Make a Good Confession

Confession is not difficult, but it does require preparation.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more.

Then we review our lives since our last confession, searching our thoughts, words, and actions for that which did not conform to God's command to love him and one another through his laws and the laws of his Church.

This is called an examination of conscience.

To make an examination of conscience:

- Begin with a prayer asking for God's help.
- Review your life with the help of some questions, which are on the other side or similar ones.
- Tell God how truly sorry you are for your sins.
- Make a firm resolution not to sin again.



Rite of Reconciliation

Reconciliation may be face-to-face or anonymous, with a screen between you and the priest. Choose the option that is the most comfortable for you.

1. Make the Sign of the Cross and say, "*Bless me, father, for I have sinned. My last confession was [give the number of weeks, months, or years].*"
2. Confess all of your sins to the priest. The priest will help you to make a good confession. If you are unsure about how to confess or you feel uneasy, just ask him to help you. Answer his questions without hiding anything out of fear or shame. Place your trust in God, a merciful Father who wants to forgive you.
3. Following your confession of sins, say, "*I am sorry for these and all of my sins.*"
4. The priest assigns you a penance and offers advice to help you be a better Catholic.
5. Say an Act of Contrition, expressing your sorrow for your sins. The priest, acting in the person of Christ, then absolves you from your sins. You mark yourself with the sign of the cross as he gives you the blessing of absolution
6. As you leave, don't forget to thank the priest for his ministry.
7. Go and say a prayer of thanksgiving to God in the church and don't forget to do your penance.

If you attended the communal Penance Service and prayed the Act of Contrition with the assembly, then you may not recite this prayer at the individual confession.

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.

OR

Act of Contrition

Oh my God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to confess my sins, do penance, and to amend my life.

Amen.

OR

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishment; but most of all because they offend Thee, my God, who are all good and deserving of all my love. I firmly resolve with the help of Thy grace, to sin no more and to avoid the near occasion or sin.
Amen.