

# THE LIGHT IS ON FOR YOU!

Prayers for Blessed  
and Happy Easter!



**GUIDE FOR  
GOING TO CONFESSION**

### III. MAKE A PROCLAMATION OF PRAISE FOR GOD'S MERCY

*After going to confession, it is proper to offer thanks to God for the gift of his love and mercy.  
Reciting the following Cantic of Mary (Luke 1:46-55) is one way to do so.*

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.

He has mercy on those who fear him  
in every generation.

He has shown the strength of his arm,  
he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich he has sent away empty.

He has come to the help of his servant Israel  
for he has remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children for ever.

## II. GO TO CONFESSION

1. The priest will welcome you.
2. Make the sign of the cross and say: **“In the name of the Father and of the Son and of the Holy Spirit. Amen.”**
3. The priest will invite you to trust in God
4. Say: **“Bless me Father for I have sinned. It has been \_\_\_\_\_ since my last confession. These are my sins...”**
5. Tell the priest your sins
6. Say: **“For these and all of my sins, I am sorry.”**
7. Accept your penance (prayers, act of kindness, etc.)
8. Pray an Act of Contrition:

O my God, I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things.  
I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin.  
Through the merits of the Passion of our Savior Jesus Christ, Lord, have mercy.

9. Receive God’s forgiveness as the priest prays the prayer of absolution.
10. At the end of the prayer of absolution, say: **“Amen.”**
11. Give praise to God.  
When the priest says: *“Give thanks to the Lord, for he is good,”*  
respond: **“For his mercy endures forever.”**
12. Go in peace and say or do your penance.

## I. MAKE AN EXAMINATION OF CONSCIENCE

### FIRST COMMANDMENT

**“I am the Lord your God. You shall not have strange gods before Me.” (Ex 20:2,3)**

- Did I doubt or deny that God exists?
- Did I refuse to believe what God has revealed to us?
- Did I believe in fortune telling, horoscopes, dreams, the occult, good-luck charms, tarot cards, palmistry, Ouija boards, seances, reincarnation?
- Did I leave the Catholic Faith?
- Did I give time to God each day in prayer?
- Did I love God with my whole heart?
- Did I despair of or presume on God's mercy?
- Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, fame, pleasure, property, etc.?

### SECOND COMMANDMENT

**“You shall not take the Name of the Lord your God in vain.” (Ex 20:7)**

- Did I blaspheme or insult God?
- Did I take God's name carelessly or uselessly?
- Did I curse, or break an oath or vow?
- Did I get angry with God?

### THIRD COMMANDMENT

**“Remember that you keep holy the Sabbath Day.” (Ex 20:8)**

- Did I miss Mass Sunday or a Holy Day of Obligation through my own fault?
- Did I come to Mass on time? Leave early?
- Did I do work on Sunday that was not necessary?
- Did I set aside Sunday as a day of rest and a family day?
- Did I show reverence in the presence of Jesus in the Most Blessed Sacrament?

## FOURTH COMMANDMENT

### "Honor your father and your mother." (Ex 20:12)

- Did I disobey or disrespect my parents or legitimate superiors?
- Did I neglect to give good religious example to my family?
- Did I fail to educate myself on the true teachings of the Church?
- Did I give scandal by what I said or did, especially to the young?
- Did I cause anyone to leave the faith?
- Did I cause tension and fights in my family?
- Did I care for my aged and infirm relatives?

## FIFTH COMMANDMENT

### "You shall not kill." (Ex 20:13)

- Did I kill or physically injure anyone?
- Did I have an abortion, or advise someone else to have an abortion?
- Did I use or cause my spouse to use birth control pills?
- Did I attempt suicide?
- Did I take part in or approve of "mercy killing" (euthanasia)?
- Did I get angry, impatient, envious, unkind, proud, revengeful, jealous, hateful toward another, lazy?
- Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?

## SIXTH & NINTH COMMANDMENTS

### "You shall not commit adultery." (Ex 20:14)

### "You shall not covet your neighbor's wife." (Ex 20:17)

- Did I willfully entertain impure thoughts or desires?
- Did I use impure or suggestive words? Tell impure stories? Listen to them?
- Did I deliberately look at impure TV, videos, plays, pictures or movies? Or deliberately read impure materials?
- Did I commit impure acts by myself (masturbation)?
- Did I commit impure acts with another - fornication (premarital sex), adultery (sex with a married person)?
- Did I practice artificial birth control (by pills, device, withdrawal)?
- Did I marry or advise anyone to marry outside the Church?

- Did I avoid the occasions of impurity?
- Did I try to control my thoughts?
- Did I engage in homosexual activity?
- Did I respect all members of the opposite sex, or have I thought of other people as objects?
- Did I or my spouse have sterilization done?

## SEVENTH & TENTH COMMANDMENTS

### "You shall not steal." (Ex 20:15) "You shall not covet your neighbor's goods." (Ex 20:17)

- Did I steal, cheat, help or encourage others to steal or keep stolen goods? Have I made restitution for stolen goods?
- Did I fulfill my contracts; give or accept bribes; pay my bills; rashly gamble or speculate; deprive my family of the necessities of life?
- Did I waste time at work, school or at home?
- Did I envy other people's families or possessions?
- Did I make material possessions the purpose of my life?

## EIGHTH COMMANDMENT

### "You shall not bear false witness against your neighbor." (Ex 20:16)

- Did I lie?
- Did I deliberately deceive others, or injure others by lies?
- Did I commit perjury?
- Did I gossip or reveal others' faults or sins?
- Did I fail to keep secret what should be confidential?

## OTHER SINS

- Did I fast on Ash Wednesday and Good Friday?
- Did I eat meat on the Fridays of Lent or Ash Wednesday?
- Did I fail to receive Holy Communion during Eastertime?
- Did I go to Holy Communion in a state of mortal sin? Without fasting (water and medicine permitted) for one hour from food and drink?
- Did I make a bad confession?
- Did I fail to contribute to the support of the Church?