



**IMAGO  
DEI** MOUNTAIN  
MADNESS

## **SACRAMENT OF RECONCILIATION**

### **6 Steps for a Good Confession**

1. Examine your conscience. What sins have you committed since your last good confession?
2. Be sincerely sorry for your sins.
3. Confess your sins to the priest.
4. Make certain that you confess all your mortal sins and the number of them.
5. After your confession, do the penance the priest gives you.
6. Pray daily for the strength to avoid the near occasion of sin, especially for those sins from which you were just absolved.

### **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.

# EXAMINATION OF CONSCIENCE

1. **I am the Lord your God.** You shall not have strange gods before me. Do I give time everyday to God in prayer? Have I made things or money more important than God?
2. **You shall not take the name of the Lord your God in vain.** Have I used the words "God" or "Jesus" in anger or irreverently? Have I used foul language? Have I wished evil on another?
3. **Remember to keep holy the Lord's day.** Have I missed Mass on Sunday or a holy day of obligation? Do I arrive at church late or leave early? Do I try to be reverent and pay attention during Mass? Have I remembered to pray daily?
4. **Honor your father and your mother.** Do I respect and obey my parents? Am I willing to help around the house or must I be asked a hundred times? Do I try to get along with my brothers and sisters? Do I give a good example to younger siblings? Do I respect others in authority?
5. **You shall not kill.** Do I keep my patience or do I lose my temper? Do I hold grudges and try to get even with others? Have I been unfair to others, especially those who are different from me?
6. **You shall not commit adultery.** Do I treat my body and other's with respect? Do I avoid harmful things? Am I modest in my speech and the clothes I wear?
7. **You shall not steal.** Have I taken things that were not mine from a store or another person? Have I destroyed or misused another person's property for fun? Do I return things that I borrow? Are they in good condition?
8. **You shall not commit false witness against your neighbor.** Do I play fairly or do I ever cheat at school or games? Have I been honest or have I lied? Have I hurt someone by what I have said or done? Have I copied someone else's homework?
9. **You shall not covet your neighbor's wife.** Have I been jealous of the friends that someone else has? Have I tried to be kind to others?
10. **You shall not covet your neighbor's goods.** Am I jealous or envious of the things or abilities that others have? Am I thankful to God and my parents for what they have given me? Do I share the things I have with my family, friends and poor people?