

Going to Confession

The penitent and the priest begin with the sign of the Cross, saying:

In the Name of the Father and of the Son and of the Holy Spirit.

The priest then invites you to begin.

The penitent then states his or her sins.

Express the area(s), direction(s), pattern(s) in your life that you need to change and ask forgiveness using the examination of conscience found here.

After this, the priest will generally give some advice to the penitent and impose a penance. A penance helps us to change and to grow—to become the best we can be—the best God created us to be.

PRAYER OF SORROW/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.

Priest: "Give thanks to the Lord for He is good"

Penitent: **"His mercy endures forever."**

or

Priest: "The Lord has freed you from your sins. Go in Peace."

Penitent: **"Thanks be to God."**

When Jesus saw the crowds, He went up on the mountain; and began to teach them, saying,

³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴ "Blessed are those who mourn, for they shall be comforted.

⁵ "Blessed are the gentle, for they shall inherit the earth.

⁶ "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

⁷ "Blessed are the merciful, for they shall receive mercy.

⁸ "Blessed are the pure in heart, for they shall see God.

⁹ "Blessed are the peacemakers, for they shall be called sons of God.

¹⁰ "Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

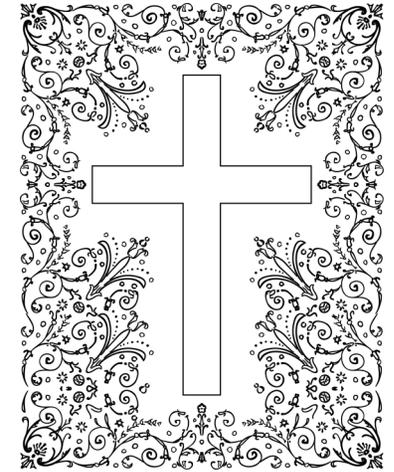
¹¹ "Blessed are you when *people* insult you and persecute you, and falsely say all kinds of evil against you because of Me.

¹² Rejoice and be glad, for your reward in heaven is great; for in the same way they persecuted the prophets who were before you.

¹⁴ "You are the light of the world. A city set on a hill cannot be hidden; ¹⁵ nor does *anyone* light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house.

¹⁶ Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven.

Matthew 5:1-16



Examination of Conscience based on The Beatitudes

Matthew 5: When Jesus saw the crowds, He went up on the mountain; and after He sat down,
His disciples came to Him. He opened His mouth and began to teach them, saying,

Blessed are the poor in spirit.

Am I humble enough to acknowledge my total dependence on God? Am I able to admit that I don't have all the answers? Can I admit mistakes without blaming others?

Blessed are those who mourn.

Do I stop to examine my losses, or do I miss the opportunity to be closer to God? Do I figure out why I fail to do good? Do I take my broken promises to God? Do I turn to God when facing death or loss of a loved one? Do I console and help those who mourn and suffer? Have I been able to say: "I am sorry" and really mean it?

Blessed are the humble.

Do I align my desires with God's will? Do I serve my neighbors? ALL of them. Even the ungrateful? The people I don't like? Or the unlikeable? Am I able to affirm others rather than criticize them? Am I a good listener?

Blessed are those who hunger and thirst for righteousness.

Do I yearn for God's justice or for material goods? Do I work for the triumph of love, peace and justice? Do I understand that every person is just as important as me? Do I listen with

attention and devotion to the Word of God proclaimed? Am I hungry for Eucharist?

Blessed are the merciful.

Do I choose to forgive or do I hold a grudge? Do I forgive when it's easy AND when it's hard? Do I forgive the unforgiveable? Do I give others the benefit of the doubt? Am I sensitive to others' needs? Do the needs of others come before my own?

Blessed are the pure of heart.

Am I a person of integrity and sincerity? Am I honest about my own faults and failings? Do I do what is truly right or do I compromise because it's easier? Do I look for instant gratification? Do I recycle to keep God's world pure? Do I keep myself pure in mind, body, and soul? Have I allowed a particular sin or vice to distract me from God?

Blessed are the peacemakers for they shall be called children of God.

Am I a person of reconciliation, peace and mercy? Do I hold grudges or seek revenge? Am I at peace with myself, with my family, friends, and those with whom I live and work? Do I bring peace to my world?

Blessed are those who are persecuted for the sake of justice

Do I examine myself and my conduct in light of the Gospel call to be a disciple? Do I follow Christ's example and stand up for what is right? Am I only a Christian when it is convenient for me, or socially acceptable? Am I able to suffer in silence or am I always complaining about something?

BONUS: Blessed are those who trust in God.

Do I take the time for God in my life through personal and private prayer? Do I bring my choices to God? Did I talk to God about your important decisions? About family & friends? About how I spend my time?

Psalm 51

¹ Be gracious to me, O God, according to
Your loving kindness;

According to the greatness of Your
compassion blot out my transgressions.

² Wash me thoroughly from my iniquity
And cleanse me from my sin.

¹⁰ Create in me a clean heart, O God,
And renew a steadfast spirit within me.

¹² Restore to me the joy of Your salvation
and sustain me with a willing spirit.