

*Examination of Conscience can be found
on the inside of this pamphlet*

Prayer Before Confession

*Lord of Mercy, help me to
not be afraid to admit the
wrong in my life. Help me to
not be afraid to seek Your
mercy. Help me not to fear
your tender embrace. Help
me not to be afraid to confess
the same sins again and
again. Help me never to
despair. Help me to never be
afraid to live Your truth.*

Lord of Mercy, Help me.

*How to go to Confession Guide can be
found on the back of this pamphlet*

How to Go to Confession

*Before the Service or while waiting in line, please review the
Examination of Conscience found in inside cover of this pamphlet*

Penitent: *Making the sign of the Cross (+) and
says:*

**Bless me Father, for I have sinned. It has
been (how long?) since my last confession and
these are my sins. Confess your sins.**

Priest: *May offer counsel and give you a
Penance.*

Penitent: *Prays one of the Acts of Contrition:*

(A) **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.**

(B) **My God, I am heartily sorry for
having offended you. I detest all of my sins
because I fear 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. With the help of
your grace, I will confess my sins, do penance,
and amend my life. Amen.**

(C) **Lord Jesus, Son of God, have
mercy on me, a sinner. Amen.**

(D) *Penitent may also use his or her
own words of sorrow, asking God's forgiveness
and making the resolve to live a holy life.*

Priest: *Offers words of Absolution (+) and
sends person forth to love and to serve the Lord.*

Penitent: Thanks Be to God!

Our Lady of the Fields Catholic Church Confession Guide & Examination of Conscience for Adults



Our Lady of the Fields Catholic Church
1070 Cecil Ave S. • Millersville, MD 21108
(410) 923-7060 • www.ourladyofthefields.org
Regular Confession Times:
Saturday 4:00 – 4:45pm

Examining My Conscience & Relationships with...

...God the Father, Son, Spirit & His Church:

- Is God the most important person in my life?
- Do I use God's name in cursing or in vain?
- Have I missed weekly Mass or Holy Days?
- Have I used psychics, tarot cards, horoscope?
- Do I share time, talents and treasures at the Church?
- Have I willingly disobey church teachings?
- Do I pray regularly, before meals, with my family?
- Have I received Communion in state of mortal sin?
- Do I thank God or take blessings for granted?
- Am I scrupulous by making a big deal out of a small issue? Over react to small matters?
- Am I teaching my children about faith by a good example?
- Do I try to force people to believe what I believe, or judge them if they do not practice their faith? Or do I try to offer them a loving and joyful example of faith?

...Others: Am I Just, True, Pure & Holy?

- Have I killed anyone? Procured or assisted an Abortion? Encouraged or supported it?
- Do I lie, gossip, judge others, spread rumors?
- Do I harbor hate, bitterness, anger or jealousy?
- Have I stolen money, supplies, or taken pay for hours I did not actually work?
- Have I hurt someone verbally, physically, emotionally or sexually?
- Am I in a sexual relationship outside of a Church Marriage? Am I open to children in marriage?
- Do I give my spouse mutual trust and self-giving?
- Do I view pornography or tell unchaste jokes?
- Do I forgive everyone who has wronged me or people I care for? Do I hold grudges?
- Am I petty, rude, crass, selfish, complaining?
- Have I neglected care for poor, elderly, sick and the lonely?
- Am I lazy in prayers, at work, or home?
- Do I disobey those in proper authorities?
- If my parents are still alive, do I give them respect, time and attention and love?
- Have I used a person or situation for my own gain?
- Am I jealous of other people's success, gifts, and talents? Do I covet anyone's goods?
- Am I part of the world's problems or solutions?

...Myself? Consider the Gift of My Life!

- Am I prideful, vain, arrogant, or boastful?
- Do I pay too much attention to (own) appearances?
- Do I abuse alcohol, drugs, and harmful substances?
- Do I entertain impure thought and actions?
- Do I overindulge in eating?
- Do I abuse my body in way?
- Do I take care of my body as the temple of the Holy Spirit through rest and healthy living?

