

LENTEN CELEBRATION OF THE RECONCILIATION

Examination of Conscience – 7 Deadly Sins

Pride: "Pride is an untrue opinion of ourselves, an untrue idea of what we are not." Have I a superior attitude in thinking, or speaking or acting? Am I snobbish? Have I offensive, haughty ways of acting or carrying myself? Do I hold myself above others? Do I demand recognition? Do I desire to be always first? Do I seek advice? Am I ready to accept advice? Am I in any sense a "bully"? Am I inclined to be "bossy"? Do I speak ill of others? Have I lied about others? Do I make known the faults of others? Do I seek to place the blame on others, excusing myself? Is there anyone to whom I refuse to speak? Is there anyone to whom I have not spoken for a long time? Am I prone to argue? Am I offensive in my arguments? Have I a superior "know-it-all attitude" in arguments? Am I self-conscious? Am I sensitive? Am I easily wounded?

Envy: "Envy is a sadness which we feel, on account of the good that happens to our neighbor." Do I feel sad at the prosperity of others? At their success in games? In athletics? Do I rejoice at their failures? Do I envy the riches of others?

Sloth: "Sloth is a kind of cowardice and disgust, which makes us neglect and omit our duties, rather than to discipline ourselves." Have I an inordinate love of rest, neglecting my duties? Do I act lazily? Am I too fond of rest? Do I take lazy positions in answering prayers? Do I kneel in a lounging way? Do I delight in idle conversation? Do I fail to be fervent in the service of God?

Lust: "Lust is the love of the pleasures that are contrary to purity." Have I desired or done impure things? Have I taken pleasure in entertaining impure thoughts or desires? Have I read impure material, listened to music with impure lyrics, or looked at impure images, whether in photos or on television or in movies or on the Internet? Have I aroused sexual desire in myself or another by impure kissing, embracing, or touching? Have I committed impure actions alone, i.e., masturbation? Do I dress immodestly or am I too concerned with the way I look? Do I use vulgar language or tell or listen to impure jokes or stories? Have I given into desires of adultery even in my imagination?

Covetousness: "Covetousness is a disordered love of the goods of this world." Do I dispose of my money properly or selfishly? Do I discharge my duties in justice to my fellow man? Do I discharge my duties in justice to the Church?

Gluttony: "Gluttony is a disordered love of eating and drinking." Do I eat to live or live to eat? Do I drink to excess? Do I get drunk? Do I misuse prescription drugs? Do I use illegal drugs? Have I allowed myself to become addicted to alcohol and/or drugs?

Anger: "An emotion of the soul, which leads us violently to repel whatever hurts or displeases us." Am I prone to anger? Does practically any little thing arouse my temper? Am I what is generally termed "a sore-head"? Do I fail to repress the first signs of anger? Do I fail to get along well with everybody? Do I ponder over slights or injuries and even presume them? Do I rejoice at the misfortunes of others? Do I think of means of revenge? Of "getting even"? Am I of an argumentative disposition? Have I a spirit of contradiction? Am I given to ridicule of persons, places, or things? Am I hard to get along with? Do I carry grudges, remain "on the outs" with anyone? Do I talk about the faults of others? Do I reveal the faults or defects of others? Do I reveal the faults of others from the wrong motive?

HOW TO GO TO CONFESSION

Once you have had time to reflect on your sins, simply go to the confessional and celebrate the sacrament of Reconciliation in the following way:

Go into the confessional and say, **In the Name of the Father, and of the Son, and of the Holy Spirit. Amen. Forgive me, father, for I have sinned. It has been (how long?) since my last confession and these are my sins ...** (confess all your sins...be not afraid!).

Father will give you a penance and then ask you to pray the Act of Contrition. Feel free to use this one:

ACT OF CONTRITION: O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, 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 sin no more and to avoid the near occasion of sin. Amen.

The priest will then say the prayer of forgiveness (absolution).

If your penance was to say some prayers please immediately go back to your seat and say your prayers.

That's it! You're forgiven!

Source: <https://mycatholic.life/catholic-prayers/examination-of-conscience/>