

# Need Help Making a Good Confession?

Married People

Confession is not difficult, but does require preparation.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more.

Then we review our lives since our last confession, searching our thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

## FAMILY

Do I try to communicate with my spouse and children?

Do I apologize and forgive quickly?

Am I selfish and demanding at home?

Do I allow for individuality in my family?

Am I unselfish in the way I try to live up to the Church's teachings on responsible family planning?

Does any fault of mine disrupt my home?

Am I bringing up my family in the Roman Catholic faith?

Am I carrying on any kind of sexual relationship with anyone other than my spouse?

## FRIENDS

Do I try to share my gifts with the unfortunate?

Am I truthful & honest in all I say and do?

Do I treat people as objects, especially in sexual ways?

Do I bring out the best or the worst in people I meet?

If I am in a position of leadership or management, do I strive to be just to those under me?

Have I done violence to others physically or by reputation, honor, or material possessions?

Have I been responsible for advising or procuring an abortion?

Have I abused any of God's gifts through my actions (e.g. excessive eating, drinking, extravagant purchases, etc.)?

Do I strive for a social concern and openness to attack or to influence any social injustices?

## FAITH

Do I listen to the Lord in prayer?

Do I put my faith and trust in God alone, especially in time of temptations?

Do I attend the Eucharist humbly, yearning for his word and life-giving food?

Am I striving to know more about my faith, my Church, my relationship with God?

Do I willingly and gladly stand up for my faith?

Do I use the name of Jesus with love and respect?



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