

Need Help Making a Good Confession?

Single Adults

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 the members of my family?

Do I apologize and forgive quickly?

Am I holding any grudges?

Do I allow for individuality in my family, especially among my siblings?

Am I caring for my parents as best I can?

Does any fault of mine disrupt others with whom I live?

Am I being faithful to the virtue of chastity, as expected of a Catholic single adult?

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?



DIOCESE OF
LONDON

