

Examination of Conscience on the Seven Deadly Sins

Anger is undue desire for vengeance undue in cause or in amount.

Have I harbored resentment, grudges, and hatred in my thoughts? Have I been slow to forgive? Have I lost my temper? How have I carried my cross? Have I been impatient with people, family, events, sufferings, sicknesses?

Avarice is the excessive love of possessing things.

Have I cheated, stolen, or failed to return things that I borrowed? Did I borrow things without permission? Have I been generous and cheerful in giving? Have I wasted money? Have I hoarded things I don't need?

Envy is sadness at the happiness of another.

Have I been jealous of the abilities, talents, good looks, intelligence, clothes, possessions, money, friends, or family of others? Have I judged others in my thoughts? Have I damaged the reputation of another person by my words or attitude? Have I repeated accusations that might not be true? Have I lied or exaggerated? Have I said things that were true that should have been kept private? Have I failed to keep secrets? Do I despise others of different race or class?

Sloth is a sorrow in the face of spiritual good it makes you lethargic and want to do nothing.

Do I seek God above all else, or have I put other priorities ahead of Him? Have I attended Mass every Sunday and on holy days? Do I say my daily prayers? Have I entertained distractions in prayer or Mass? Have I risked losing my faith by bad company, bad reading, cowardice, or pride? Do I trust God, especially in difficulty? Have I received Holy Communion while in a state of serious sin? Have I taken the Lord's name in vain or used other foul language? Have I been lazy in helping others? Have I been more focused on myself than on the needs of others? Have I quarreled needlessly? Have I been pointlessly stubborn? Have I given a bad or lazy example to younger family members? Have I wasted other people's time by being late? Have I made good use of my time, or have I wasted time needlessly?

Gluttony is the inordinate desire for food.

Have I eaten too much or greedily, with little consideration for those at table with me? Have I drunk alcohol excessively? Have I driven after drinking? Have I regularly practiced fasting and self-denial during Lent? Have I fasted an hour before receiving Holy Communion at Mass?

Used with the permission of Reverend Dylan James



ACT OF CONTRITION

O my God, I am heartily sorry for having offended You and I detest 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.

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Pride is the mother of all sin.

Have I dwelt on the failings of others? Have I harshly judged others, in my thoughts or words? Have I ranked myself better than others? Have I borne hatred for others? Have I refused to learn from others? Have I been stubborn, or refused to admit I was wrong? Have I refused to accept that another person had a better idea? Have I been arrogant? Have I refused to admit my own weaknesses? Have I held others in contempt?

- *Pusillanimity is the opposite of pride: Have I neglected to use the talents that God has given me?*
- *Vanity is excessive concern about what others think of me, not just what they think of my appearance: Have I been overly concerned about what others think of me? Have I allowed this to motivate my actions? Have I lied or exaggerated to make myself look good? Have I wasted undue time and money on clothes and appearance? Have I exercised in a vain manner, or with an excessive concern to make my body perfect? Have I been content with my lowly position?*

Lust is disordered desire for sexual pleasure, isolated from its procreative and unitive purpose.

Custody of the Eyes: Have I viewed other people as mere sexual objects rather than as persons to be loved? Pomography: On internet, or TV, or books. Impure Thoughts: Have I entertained impure thoughts? Have I consented to impure thoughts? Impure Words: Conversation? Jokes? Impure Acts Alone: Impure touches? Incomplete or complete impure acts? Impure Acts With Others: Impure touches with boy / girlfriend? Have I flirted or toyed with the feelings of another?

Steps to making a good Confession

1. Ask the Holy Spirit to help you know your sins. Make a good examination of conscience. Resolve to never do these sins again.
2. Choose to kneel or sit face to face. After the priest greets you, make a Sign of the Cross and say, "**Bless me Father for I have sinned. It has been _____** (days, months, years) **since my last confession. These are my sins.**"
3. Confess your mortal sins by kind and number, and confess your venial sins. When you are done confessing your sins, say, "**For these and all my sins, I am truly sorry.**"
4. Listen to the advice the priest gives you and remember the penance he tells you to do.
5. Say the **Act of Contrition** (see back)
6. The priest will absolve you from your sins and will end with the Sign of the Cross. He may say, "Give thanks to the Lord for He is good" or "The Lord has forgiven you of your sins. Go in peace."
7. Say: "**Thanks be to God.**"
8. Pray the prayers or do the penance the priest asks you to do as soon as possible.
9. Thank God for His love and mercy.