

COMMON MORTAL SINS

I. I am the Lord your God. You shall not have strange gods before me.

- Receiving Holy Communion in the state of mortal sin.
- Purposely not confessing a mortal sin in Confession.
- Obstinate denying a teaching of the Church.
- Using fortune tellers, ouija boards, tarot cards, etc.

II. You shall not take the name of the Lord in vain.

- Taking in vain the names God, Jesus, Christ, Mary, etc.

III. Remember to keep holy the Lord's Day.

- Deliberately missing Mass on Sundays and Holy Days without due cause.

IV. Honor your father and your mother.

V. You shall not kill.

- Serious outburst of anger.
- Attempting suicide.
- Having an abortion.
- Encouraging another to have an abortion.
- Getting drunk.
- Getting high.

VI. You shall not commit adultery.

- Pornography.
- Masturbation.
- Sexual acts before marriage. (*Be specific, not graphic.*)
- Sexual acts outside of marriage. (*Be specific, not graphic.*)
- Homosexual acts.
- Artificial contraception.
- Artificial fertilization, including IVF.

VII. You shall not steal.

- Stealing something worth more than a day's wage.

VIII. You shall not bear false witness against your neighbor.

- Gravely attacking someone's reputation by lying.
- Gravely attacking someone's reputation by revealing a secret.

IX. You shall not desire your neighbor's wife.

- Consenting to impure thoughts or desires.

X. You shall not desire your neighbor's goods.

COMMON VENIAL SINS

Neglecting to pray to God.
Speaking poorly of God, the Church, priests, any Christian.
Valuing how others see me over how God sees me.
Dishonoring my father or mother.
Neglecting my family duties.
Thinking better of oneself and poorly of another.
Being judgmental or overly critical.
Not resting on Sundays.
Wasting time at work.
Overusing social media, especially if neglecting my duties.
Blaming others for my own failures.
Not forgiving others, but resenting them.
Brooding over injuries.
Jealousy.
Celebrating others' failures.
Failing to be kind and respectful.
Mild forms of racism or bigotry.
Lying.
Gossip.
Flattery.
Speaking crudely or impatiently.
Dressing immodestly.
Using impure language or telling impure joke

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PRE-CONFESSION CHECKLIST:

1. Are you sorry for all of your sins, even the ones that you can't remember?
2. Are you ready to confess all the mortal sins that you can remember since your last Confession?
3. Are you willing to do penance?
4. Will you try to avoid sin in the future?
5. If you are living with someone before marriage or are in a second marriage, will you resolve to change?

The Rite of Confession

Begin with the Sign of the Cross:

In the name of the Father, + and of the Son, and of the Holy Spirit. Amen.

The priest may say: May God, who has enlightened every heart, help you to know your sins and trust in his mercy.

You say: **Bless me, Father, for I have sinned.**

It has been _____ (years/months/etc.) since my last Confession. (*Or:* This is my first Confession.)

I am _____ (single/married/etc.).

You can also briefly note anything else important.

CONFESSING YOUR SINS

You say: **“And these are my sins . . .”**

You must confess each mortal sin since your last Confession. Name and number them. If applicable, briefly add any details that change the nature of the sin.

You can confess venial sins. No details are needed.

If applicable, you can also renew your sorrow for previously forgiven sins.

Finish with these or similar words:

**For these sins, for any sin that I’m forgetting,
and for all the sins of my past, I am sorry.**

THE PRIEST’S COUNSEL

The priest offers you counsel, calling you to acknowledge God’s perfect love for you, to leave all sin, and to follow God with your whole heart.

THE PENANCE

In reparation for your sin, the priest will ask you to perform a penance. Make sure you understand what he is asking you to do. Ask clarifying questions if needed.

THE ACT OF CONTRITION

You say: **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.

THE PRIEST’S ABSOLUTION

The priest absolves you, saying: God, the Father of mercies,

through the death and resurrection of his Son

has reconciled the world to himself

and sent the Holy Spirit among us

for the forgiveness of sins;

through the ministry of the Church

may God give you pardon and peace,

AND I ABSOLVE YOU FROM YOUR SINS IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT.

You respond: **Amen.**

The priest says: Give thanks to the Lord, for he is good.

You respond: **His mercy endures forever.**

Priest: The Lord has freed you from your sins. Go in peace.

.....or: May the Passion of our Lord Jesus Christ, the intercession of the Blessed Virgin Mary, and of all the saints, whatever good you do and suffering you endure, heal your sins, help you to grow in holiness, and reward you with eternal life. Go in peace.

You respond: **Thanks be to God.**

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CONFESSION FOLLOW-UP

1. Do your penance as soon as you can.
2. If you remember mortal sins that you forgot to confess, mention them at your next Confession.
3. Return to Confession soon and frequently