

A Guide for the Celebration of the Sacrament of Reconciliation



The Seven Deadly Sins-Vanity, Anger, Lust, Avarice, Pride, Envy, Gluttony, Sloth. The history of this list goes back at least to Pope St. Gregory the Great, but while the list itself is not strictly biblical, the Bible reveals all seven. If one or more of these doesn't seem like a big sin to you, it almost certainly means you have already rationalized it.

VANITY

Vanity is excessive concern about manifesting my glory before others.

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 been content with my lowly position, or have I resented the role that Christ asks of me?

ANGER

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

Have I harbored resentment, grudges, and hatred in my thoughts?

Have I nurtured imaginary angry conversations?

Have I been slow to forgive?

Have I lost my temper?

Impatience:

How have I carried my crosses well?

Have I been impatient with people, family, events, sufferings, sicknesses?

LUST

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

Custody of the Eyes: “Whoever looks at a woman with lust for her has already committed adultery with her in his heart”

~Matthew 5:28

Have I viewed other people as mere sexual objects rather than as persons to be loved?

Pornography: Have I viewed pornography through print media, internet or TV?

Impure Thoughts: Have I willfully entertained impure thoughts?

Impure Acts: Alone- masturbation, or with others- adultery, pre-marital sex, homosexual acts, impure touches etc.?

AVARICE

Avarice is excessive love of possessing things

Have I been overly concerned about my own comfort and well-being?

Have I been resentful of my lack of money?

Have I been generous in giving?

Have I given with a cheerful heart?

Have I cheated, stolen, or failed to pay my bills on time?

Have I used people for my own ends and advantage?

Have I wasted money?

PRIDE

Pride is the mother of all sin. It is a craving for excellence beyond what is reasonable. It makes a person hate being equal to others, and hate being less than God.

Have I refused to admit my own weaknesses?

Have I dwelt on the failings of others?

Have I judged others, in my thoughts or words?

Have I ranked myself better than others?

Have I borne hatred for another?

Have I refused to learn from others?

Have I been stubborn? Refused to admit I was wrong? Refused to accept that another person had a better idea?

Have I been arrogant?

Have I held others in contempt?

False-humility fails to use our gifts- Have I neglected to use the talents that God has given me?

ENVY

*Envy –is sadness at the happiness of another
Jealousy–is coveting what belongs to another*
Have I envied or been jealous of the abilities, talents, ideas, good-looks, intelligence, clothes, possessions, money, friends, family, of another?

Gossip:

Have I judged others in my thoughts?
Have I damaged the reputation of another person by my words, attitude, or looks?
Have I repeated accusations that are not true?
Have I exaggerated?
Have I failed to defend the reputation of others?
Have I failed to keep secrets?
Do I despise others of different race, class or culture?

Lies:

Have I lied or exaggerated?

GLUTTONY

Gluttony is the inordinate desire for food.
Have I eaten more than I need?
Have I spent excessive money on food?
Have I drunk alcohol excessively?
Have I driven after drinking?
Have I used illegal drugs or abused prescription medications.
Have I eaten greedily and with little consideration for the presence and needs of those at table with me?
Have I given money to help the hungry?
Have I regularly practiced fasting and self-denial, especially on Fridays?
Have I always fasted an hour before receiving Holy Communion at Mass?

SLOTH/APATHY

Laziness, especially laziness in the things of God. Sloth is a sorrow in the face of spiritual good -it makes a person lethargic.
Have I sought God above all else, or have I put other priorities ahead of him?
Have I got so caught up in the things of this

world that I've forgotten God?
Have I risked losing my faith by bad company, bad reading, cowardice, or pride?
Have I trusted God in times of difficulty?
Have I attended Mass each and every Sunday and Holy Day of Obligation?
Have I neglected to say my daily prayers?
Have I entertained distractions in prayer, or failed to give God due concentration in prayer or in the Mass?
Have I made a prayerful preparation before Mass and a good thanksgiving after Mass?
Have I received Holy Communion while in a state of serious/mortal sin?
Have I neglected to seek Confession before Holy Communion?
Have I taken the Lord's name in vain? Or used other foul language?

My Neighbor:

Have I been lazy in helping others?
Have I been attentive to the needs of my neighbor, the needs of my family?
Has my conversation been focused on my own pleasure, or on others?
Has my humor been insensitive to others?

My Family:

Have I been more focused on myself than on the needs of others?
Have I spent time with my family?
How have I manifested my concern for them?
Have I been forgiving and tolerant of them?
Have I scandalized them by a bad or lazy example?

Punctuality and Discipline:

Have I sinned against my neighbor by being late?
Have I sinned against God and the congregation by being late for Mass?
Have I gone to sleep on time?
Have I made good use of my time, or have I wasted time needlessly: TV, internet, gaming?
Have I planned good use of relaxation and recreation, knowing that I need to rest well?

A Simple Guide to the Sacrament of Reconciliation

-Begin by making the **Sign of the Cross.**
-The priest will greet you and may offer a short reading from Sacred Scripture.
-You are then invited to tell the priest the last time you visited this sacrament .
Bless me Father for I have sinned, my last confession was 1 month ago, and these are my sins...
-Now you are ready to confess your sins.
It is best to start with any Mortal sins.
Try to confess your sins with numbers:
-If you do not know how to confess, feel uneasy or ashamed, simply ask the priest to assist you. Be assured he will help you make a good confession.
-When you are done confessing your sins say, **For these and all of my sins I am truly sorry.**
-After you confess your sins the priest will give you some counsel. Then the priest will propose an act of penance.
-Remember the penance.
-Now you are invited to recite an Act of Contrition:
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. Amen.
-The priest will give you Absolution. At the end of the prayer answer **Amen.**
-Lastly the priest will give you a final dismissal.
-After you receive this Sacrament, complete your penance and then spend some time giving thanks to God for forgiving you again. Our God is Love and Mercy!