

### ***The Rite of Confession***

**Prior to the sacrament**, spend time in prayer examining your life in light of Jesus' call to love God and neighbor.

**In the confessional**, the priest will greet you simply. You may ask him to move the screen.

**Make the sign of the cross along with the priest.** He will invite you to trust in God, and may use a passage from Scripture.

**Tell the priest your sins.** First tell him how long it has been since you last received this sacrament. Conclude with, "I am sorry for these and all my sins."

**The priest will assign you a penance** and give you some advice to help you make changes in your life.

#### **Pray an Act of Contrition**

**Listen to the words of absolution** (see next page). Respond, "Amen."

**The priest may say:** "Give thanks to the Lord for he is good." Respond, "His mercy endure forever." Then he says, "Go in the peace of Christ." Respond, "Thanks be to God."

### ***Prayer of Absolution***

*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.*

### **St. Ann Parish**

502 S. Main Street, Phoenixville, PA 19460

Phone: 610-933-3732

[www.churchofsaintann.org](http://www.churchofsaintann.org)

Wednesday, December 11, 2013

## ***An Examination of Conscience***



**St. Ann Parish  
Phoenixville, PA**

## Advance Work

There are endless ways to prepare for this sacrament. Many people find it helpful to evaluate their lives in light of the Beatitudes (Matthew 5:3-11), the Ten Commandments, or the Lord's Prayer.

### Pray first

"Holy Spirit, help me to see my life as you see it. Give me the courage to face the darkness within me that I hide from myself and the rest of the world. Bring into your light the attitudes and behaviors on which I'd prefer not to reflect that need healing."

### Meditate on the Lord's Prayer

Do I say OUR though my faith has no room for others and their needs?

Do I say FATHER when I do not demonstrate this relationship in my daily living?

Do I say WHO ART IN HEAVEN when all my interests and pursuits are in earthly things?

Do I say HALLOWED BE THY NAME when I do not have honor, glory, and trust in You?

Do I say THY KINGDOM COME though I am unwilling to have Your kingdom grow in my heart, my home, my school, my church, my country, and all the world?

Do I say THY WILL BE DONE though I am unwilling or resentful of having it done in my life?

Do I say ON EARTH AS IT IS IN HEAVEN unless I am truly ready to give myself to Your service here and now?

Do I say GIVE US THIS DAY OUR DAILY BREAD without expending honest effort for it or by ignoring the genuine needs of my family, friends, and neighbors?

Do I say FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US while I continue to harbor a grudge against anyone and gossip?

Do I say LEAD US NOT INTO TEMPTATION though I deliberately choose to remain in a situation where I am likely to be tempted?

Do I say DELIVER US FROM EVIL when I am not prepared to fight in the spiritual realm with the weapon of Your Word and prayer?

Do I say THINE IS THE KINGDOM though I cannot follow the Ten Commandments?

Do I say THINE IS THE POWER when I fear my friends' criticism?

Do I say THINE IS THE GLORY but seek my own glory first?

Do I say FOREVER when I am more concerned about each day's happenings than about Your presence in my life?

Can I say AMEN unless I honestly say, "Cost what it may, this is my prayer?"

### Or Meditate on the Ten Commandments

(See Ex 20, 2-17; Deut. 5:6-21, or use this version.)

1. Believe in the one real God.
2. Reverence the name of God as sacred.
3. Steward your time; plan to rest and to pray with the community at Sunday Mass.
4. Support family members and the value of family.
5. Cherish the lives of yourself and others.
6. Be faithful in your marriage, your friendships, and other relationships.
7. Be trustworthy and respect others' rights.
8. Tell the truth with love.
9. Practice chastity.
10. Replace greed with the joy of giving.

### Take this to God

Now the hard work of being specific. How are these values evident in your actions and the way you live your life? When have you fallen short? Talk to God about how He can help you to become the person He created you to be.

### Pray in thanks

"Thank you, Lord Jesus, for helping me to see my life more clearly. Thank you for offering me your forgiveness. Give me the courage to bring my weakness to the sacrament of reconciliation and the strength to make the changes that bring me closer to you."

### Pray an Act of Contrition

(Use this one, or compose your own.)



*O my God,  
I am heartily sorry  
for having offended you.  
And I detest all my sins  
because I dread  
the loss of heaven  
and the pains of hell.  
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 confess my sins,  
to do penance  
and to amend my life.  
Amen*