

Confession



CEU

Pastoral Service

Universidad Cardenal Herrera

Examination of conscience for those who frequently attend confession

Do I love God with all my heart? Trust in God

- Do I draw my inspiration from God in my life or am I more interested in other things, such as money, pleasure, reputation, etc.?
Do I sometimes believe in superstitions, spiritualism or magic?
- Do I often pray to God? Do I remember to offer up my work, pain and pleasure to Him every day? Do I ask for his help to combat evil?
- Do I love his hallowed name or do I take his name in vain when I am frustrated?
- Do I take part in the sacrament of the Eucharist with all my heart every Sunday, keeping the Lord's Day holy, or do I stay away when I feel like it? Do I attend mass enthusiastically or merely out of routine?
- Do I concern myself with growing in the light of my faith in God: to develop as a Christian and to show others that I am a Christian?

Do I love others as Jesus loved us?

- Do I treat others as I would like to be treated or do I use them for my own ends?
- Family: How do I treat my family members?
Do I show love to those around me and try to bring them joy?
- Emotions: Have I kept my body and my thoughts pure or have I let impure thoughts and desires take control?
- Do I view my studies or my work as a means of helping others or am I only thinking about my own benefit? Do I give in to laziness?
- Am I sensitive to the needs of those who have less than I do or do I completely ignore the fate of the sick, the poor, the elderly, immigrants, etc.? What do I do with all the material things I don't need?
- Have I stolen or unjustly desired the possessions of others?
Am I jealous of other people?
- Am I truthful in my relationships with others or do I give in to lies, gossip and unfounded judgements?
Do I try not to harm others' good reputation?
- Do I bear grudges or desire revenge against other people?
Do I find it difficult to forgive others?
- Do I act in accordance with my conscience or am I influenced by other motives, such as fear or what other people will think of me?

(Original by **Santiago Cañardo**)

Conditions for a good confession

- Examine your conscience
 - Be sorry for your sins
 - Confess your sins to the priest
 - Resolve to change
 - Carry out your penance
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