

Going to Confession

The penitent and the priest begin with the sign of the Cross, saying:

In the Name of the Father and of the Son and of the Holy Spirit.

The priest then invites you to begin.

The penitent then states his or her sins.

Express the area(s), direction(s), pattern(s) in your life that you need to change and ask forgiveness using the examination of conscience found here.

After this, the priest will generally give some advice to the penitent and impose a penance. A penance helps us to change and to grow—to become the best we can be—the best God created us to be.

PRAYER OF SORROW/CONTRITION

You may use the prayer below or a prayer of your own.

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. Amen.

Priest: *“Give thanks to the Lord for He is good”*

Penitent: **“His mercy endures forever.”**
or

Priest: *“The Lord has freed you from your sins.
Go in Peace.”*

Penitent: **“Thanks be to God.”**

Psalm 51

¹ *Be gracious to me, O God, according to Your loving kindness;
According to the greatness of Your compassion blot out my transgressions.*

² *Wash me thoroughly from my iniquity
And cleanse me from my sin.*

³ *For I know my transgressions,
and my sin is ever before me.*

⁴ *Against You, You only I have sinned
and done what is evil in Your sight...*

⁷ *Purify me with hyssop,
and I shall be clean; wash me,
and I shall be whiter than snow.*

⁸ *Make me to hear joy and gladness...*

⁹ *Hide Your face from my sins
and blot out all my iniquities.*

¹⁰ *Create in me a clean heart, O God,
And renew a steadfast spirit within me.*

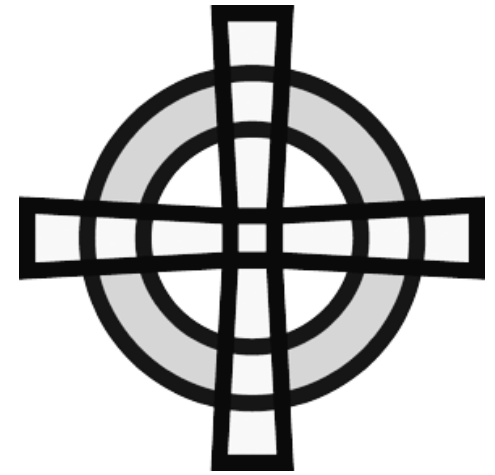
¹¹ *Do not cast me away from your
presence and do not take
Your Holy Spirit from me.*

¹² *Restore to me the joy of Your salvation
and sustain me with a willing spirit.*

¹³ *Then I will teach transgressors Your ways,
and sinners will be converted to You.*

¹⁴ *Deliver me...O God, the God of my
salvation; then my tongue will
joyfully sing of Your righteousness.*

¹⁵ *O Lord, open my lips,
that my mouth may declare your praise.*



Examination
of Conscience
for
College
Students

Have I acted like a Child of God?

- Is there something or someone in my life that I depend on more than God?
- Have I compartmentalized my relationship with God (worshipping on Sunday but forgetting about Him the rest of the week)?
- Have I made a concerted effort to pray regularly?
- Have I attended Mass regularly or have I missed Mass because I just didn't want to go?
- Have I received Holy Communion in the state of mortal sin?
- Have I made regular efforts to get to know God better and place him first in my life?
- Have I made comments or jokes which devalue holy living or reverence?
- Have I read or watched anything that is vulgar or impure?
- Have I encouraged anyone to do or say something sinful?
- Have I made choices based on status, consumerism or peer approval rather than by ethical responsibility, holiness, and good morals?

Have I acted like a responsible member of the Body of Christ?

- Have I ignored, avoided, or been standoffish to old friends or other people in order to be part of the popular crowd?
- Have I been selfish and ignored the needs of others?
- Have I, myself, made or given support to people, who make inappropriate, insulting, or offensive comments or jokes?
- Have I gossiped or passed on rumors that could hurt another's reputation?
- Have I betrayed a confidence that I promised to keep?
- Have I lied to protect myself, even at the cost of someone else?

- Have I been envious or resentful of others?
- Have I been unkind to others or put them down in anger or in order to feel better about myself?
- Have I shown complete indifference toward the poor and marginalized?
- Have I neglected to be of service to others; particularly those in need?
- Have I neglected to see the value in those who are different from myself?
- Have I devalued the dignity of another person's life by means of abortion, assisted suicide, capital punishment, or other means?
- Have I in any way abused, humiliated, or manipulated another?

Have I acted like a responsible student?

- Have I in any way cheated on an assignment?
- Have I shown respect for the rules and laws of the school?
- Have I shown respect for the campus grounds and buildings?
- Have I been a distraction or bad example to other students?
- Have I been thoughtful, respectful, and patient with my professors and classmates?
- Have I offered my gifts as a way to help others?

Have I acted like a responsible member of my family?

- Have I made unreasonable demands on my parents?
- Have I shown my gratitude for my family's contribution to my education or have I taken them for granted?
- Do I hold any unjust resentments against my family?

- Have I been disrespectful or dismissive to anyone in my family?
- Have I ignored my family in favor of my own desires and wants?
- Have I done anything that would bring shame upon my family?

Have I shown value and respect for myself?

- Have I sinned through pride, ignoring or resenting the fact that I am not God?
- Have I forgotten my need for a savior?
- Do I love myself the way God made me or do I sometimes compare myself to others?
- Have I done anything I regret while under the influence of drugs or alcohol?
- Have I disrespected my body in any way?
- Have I engaged in any impure or inappropriate sexual acts?
- Have I consumed too much alcohol to make good decisions?
- Have I used drugs believing that doing so does not affect my grades, self-respect or my relationships?
- Have I been honest and acted as a person of integrity?
- Have I allowed anger, fear, envy, greed, or pride take control of my thoughts or actions?
- Have I in any way allowed a low self-esteem to blind me away from the many ways that God loves me?
- Have I devalued my life in an attempt of suicide?

Draw near to God,
and he will draw near to you.

James 4:8