



THE SACRAMENT OF PENANCE AND THE EXAMINATION OF CONSCIENCE

*“O Lord! I abandon my past to Thy mercy, my present to Thy Love,
and my future to Thy Providence.” St. Padre Pio*

THE SACRAMENT OF PENANCE

In The Sacrament of Penance, the Priest gives us the forgiveness of God and The Church. The Catechism teaches us: *“The sinner wounds God’s Honor and Love, his own human dignity as a man called to be a son of God, and the spiritual well-being of the Church, of which each Christian ought to be a living stone.”* CCC1487.

The Catechism also teaches us: *“Those who approach the sacrament of Penance obtain pardon from God’s mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion.”* CCC1422.

We are called to approach the Blessed Sacrament, as we do the others, so to come to Jesus in one very special way; to confess our offences so that we may receive His Forgiveness. Therefore, our Holy Mother Church has set for us 6 steps that will guide and prepare us, hearts and minds, but, let us begin with this special prayer:

Let us pray

Lord Jesus Christ, The Son of The Living God, have mercy on me a sinner.

Step # 1: Examination of Conscience: “Exodus 20”, “Matthew 22:35-40”

We begin by remembering God’s Commandments, and pray so that they are the guide that we follow in all that we say and do.

1st Commandment: *I Am The LORD Thy God*

- Have I failed to learn My prayers?
- Have I failed to pray every morning, before meals, and before I go to sleep.
- Have I failed to learn The Ten Commandments?
- Have I failed to learn The seven sacraments?

2nd Commandment: *You shall not take The Name of The LORD your God in vain*

- Have I failed to speak of God’s Holy Name with respect and with reverence?
- Have I failed to speak of priest or Holy Things with respect?
- Have I used other bad language? How many times?

3rd Commandment: *Remember to keep Holy The Lord’s Day*

- Have I missed Mass on Sunday through my own fault? How many times?
- Have I misbehaved in Church? How many times?
- Have I paid no attention to my prayers?

4th Commandment: *Honor your father and your mother*

- Have I been disobedient or disrespectful to my parents or teachers? How many times?
- Have I tried to provoke them? How many times?

5th Commandment: *You shall not kill*

- Have I had any fights: or quarrels? How many times?
- Have I made fun of anybody or called them names? How many times?
- Have I picked on anyone or tried to provoke them? How many times?

6th Commandment: *You shall not commit adultery*

- Have I done anything dirty or impure? How many times?
- Have I disrespected myself and my parents or teachers by dressing up inappropriate for my age?
- Have I disrespected myself and my parents by using the internet and all other ways of Media inappropriately?

7th Commandment: *You shall not steal*

- Have I stolen anything?
- Have I harmed anyone's property?
- Have I cheated in class or anyone?
- Have I helped others to commit sin in any way?

8th Commandment: *You shall not bear false witness against your neighbor*

- Have I lied about anyone? How many times?
- Have I told other lies, to whom? How many times?
- Have I talked behind other people's back? How many times?
- Have I kept bad company? How many times?

9th Commandment: *You shall not covet your neighbor's wife*

- Have I purposely thought of dirty or impure things? How many times?

10th Commandment: *You shall not covet your neighbor's goods*

- Have I desired to have for myself what belongs to another?

The Capital Sins

- Have I been guilty of boasting or bragging? How many times? (Pride)
- Have I stuffed myself when eating? How many times? (Gluttony), meaning greed.
- Have I used any dope or drugs? How many times?
- Have I failed to study or do my other work? How many times? (Sloth), meaning lazy
- are there any other sins I may need to confess?

All: Glory to The Father.....Our Lord's Prayer.....Hail Mary....



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Lent 2014

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