

V. You shall not kill (*The fifth commandment teaches us to appreciate life*)

- For striking someone in anger, or intending to harm them...
- For threatening or making fun of others...
- For having an abortion, or supporting this practice...
- For failing to support pro-life work; for not standing with the weak and defending the innocent...
- For participating in, or tolerating gang activity...
- For driving recklessly or seeking dangerous thrills...
- For abusing drugs or alcohol...
- For overeating, or over-dieting...
- For intending to harm myself or commit suicide...

VI. You shall not commit adultery (*The sixth commandment teaches us to keep our promises, protecting our gift of sexuality*)

- For not valuing my future marriage by the way I date...
- For not preparing to be or being a good father or mother of the children God wishes me to raise...
- For not valuing the gift of virginity, and permitting actions that endanger it...
- For not valuing the gift of my marriage, and permitting actions that endanger it...
- For engaging in sexual activity with someone outside marriage...
- For sexual activity by myself...
- For looking at pornography...
- For watching indecent TV, movies, or literature...
- For taking my spouse for granted, or mistreating them...

- For not dressing modestly...
- For pressuring or seducing someone into sexual sin...
- For being vain and conceited about my appearance, worrying too much how I look...

VII. You shall not steal (*The seventh commandment teaches us to respect private property and the rights of others*)

- For shoplifting, or taking money...
- For stealing from work...
- For vandalizing, littering, defacing, or breaking things...
- For buying things I don't need...
- For buying expensive clothes to impress others...
- For being stingy, or accepting help I don't really need...
- For failing to give money to charities and the Church...
- For wasting time at school or work, or failing to help with house duties...

VIII. You shall not bear false witness (*The eighth commandment teaches to always speak the truth*)

- For lying to avoid punishment, or to gain favor of others...
- For being two-faced, or hypocritical...
- For "going behind someone's back," especially parents or spouse...
- For criticizing and judging others, especially other races or telling racist jokes...
- For not keeping secrets or being untrustworthy...
- For cheating at school or work...
- For gossip, ruining others' reputations, even if it's true...

- For giving in to peer pressure, not standing up for the truth...
- For deliberately concealing past sins in confession, through shame or pride...
- For not apologizing when wrong...
- For always having to have the last word...

IX. You shall not covet your neighbor's spouse (*The ninth commandment teaches us to avoid inappropriate relationships*)

- For entertaining lustful thoughts...
- For rejecting my family in my heart...
- For using someone for pleasure, especially in thought...
- For jealousy, being manipulative, or controlling...
- For inappropriate affection with a close relation...
- For not respecting someone's privacy; for spying...

X. You shall not covet another's possessions (*The tenth commandment teaches us to find happiness where we are*)

- For being ungrateful for my blessings, or not using talents...
- For always comparing myself to others...
- For resenting the success of someone else...
- For measuring a person's worth by possessions...
- For not seeing the suffering of others, especially the poor...

St Paul the Apostle Catholic Church
2233 Waldron Rd.
Corpus Christi, TX. 78418
361-937-3864

A GUIDE FOR CONFESSION



*"Have mercy on me, O God,
in Your goodness;
in the greatness of Your compassion
wipe out my offense.
Thoroughly wash me from my guilt
and of my sin cleanse me."
(Psalm 51:3-4)*

ST. PAUL THE APOSTLE
CATHOLIC CHURCH

MASSES
SATURDAY 5 p.m.
SUNDAY 8:30 a.m.
11 a.m. & 6 p.m.



CONFESSIONS
WEDNESDAY 6 p.m.
SATURDAY 3:30 p.m.
www.stpaultheapostlecc.com

AN OUTLINE FOR INDIVIDUAL CONFESSIONS

GETTING STARTED

Prepare to make a good Confession by doing a thorough **Examination of Conscience**.

Once in the confessional begin by making the Sign of the Cross and saying “**In the name of the Father and the Son and of the Holy Spirit.**”

Next, mention how long it has been since your last confession. Example: “**Father, it has been two months since my last confession.**” If this is your first Confession, say, “**Father, this is my first Confession,**” and then mention how long it has been since you were baptized.

Next, mention all the things you did that you are sorry for since your last Confession. When you are finished, you can say something like, “**For these and for all my sins I am very sorry.**”

The priest may then offer you some advice, gives you a penance and then ask you to pray the Act of Contrition. Your penance is typically prayers given to you by the priest to be done immediately after leaving the confessional.

Penance: 1. An act of devotion, deed, or discipline in reparation (atonement) for personal sins. 2. A sacrament that includes contrition, confession to a priest, acceptance of reparation, and absolution. Also called reconciliation.

The **Act of Contrition** traditionally has three essential parts. They follow the three steps necessary to receive forgiveness. First, we tell God we are sorry. Second, we promise to do our best not to sin again. And third, we ask God’s help to strengthen us so that we can keep our promise.

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. Our Savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy. Amen

After the Act of Contrition, the priest will give you Absolution (prayer of forgiveness). Then you may exit the confessional and pray quietly in the chapel.

If you are not Catholic and would like a blessing

If you are not Catholic, inform the priest that you are not Catholic but would like to confess your sins and receive a blessing for healing and strength. You may also recite the Act of Contrition and pray quietly after your blessing in the church.

EXAMINATION OF CONSCIENCE

I. Love the Lord your God; have no other gods (*The first commandment teaches us to put God first in our lives*)

- For making myself a higher judge of right and wrong than God...
- For loving possessions, money, self, or others more than God by thinking of them more...
- For being superstitious (believing horoscopes, predictions of the end of the world, etc.)...
- For flirting with the occult (such as ouija boards, tarot cards, satanic music)...
- For blaming God or being angry with Him for misfortunes...
- For not using my life completely for God...
- For not witnessing my faith publicly...
- For not trusting God’s goodness and infinite love for me...

II. Do not use God’s name in vain (*The second commandment teaches us to speak carefully, to respect the power of our words, and to say only what we mean to say*)

- For not respecting God’s holiness and authority, especially as He speaks in the Bible and Church...
- For not using God’s name with respect and reverence...
- For lack of attention when praying, while at Mass, making the sign of the Cross, or genuflecting...

- For making fun of religion, or religious things...
- For failing to read the Bible and study my faith as I should...
- For failing to develop my intelligence for God...
- For enjoying music and art that is sacrilegious toward God, or demeaning of human dignity...
- For using offensive, vulgar, or dirty words...

III. Keep holy the Lord’s day (*The third commandment teaches us to take time to worship God consistently*)

- For missing Mass on Sundays and Holy Days through my fault; for coming late and leaving early...
- For unnecessary work or shopping on Sundays...
- For failure to pray each day (morning, evening, before meals, with family...

IV. Honor your father and mother (*The fourth commandment teaches us to appreciate and respect our parents*)

- For disobedience, disrespect, rebelliousness, and stubbornness toward my parents...
- For disrespecting any legitimate authority (such as elders, teachers, law officers, etc.)...
- For being rude/ashamed of my family...
- For failing to be an instrument of God’s peace and love within my family...
- For failing to forgive family members, or holding grudges...
- For failing to be a good example to siblings and others...