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23. Have I given back borrowed things in time, or have I taken too long to give them back?
24. Have I deceived others, charging more than what is due?
25. Do I give aims in accordance with my capability?
26. Have I wasted money in vain or in frivolous things, or have I bought unnece-

ssary things that are more expensive than I can afford?

27. Have I told lies? Have I damaged others with any of them?
28. Have I gossiped about or thought badly of others?
29. Have I felt envy? Have I been haughty? Did I despise others?
30. Have I been lazy without recognizing it is one of the capital sins?
31. Do I work and fulfill my timetable carefully and responsibly?
32. Do I offer my work to God every day? Do I think of God, at least, in the morning and at night?

May the Lord help you to recognize your sins and trust in His mercy. Amen.

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Prayer of the penitent

To show his repentance and intention of amendment, the penitent says a prayer with these or similar words:

- My God, I am sorry with all my heart because I have offended you, who are good. I firmly resolve not to sin again, to avoid the occasions of sin and to fulfill the penance.

- Have mercy, my God, in your goodness; in your immense compassion erase my guilt, wipe away my offense, clean my sin.

- Lord Jesus, Son of God, have mercy on me, a sinner.

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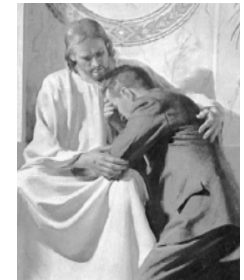
CONFESSION



The Conditions to make a good confession are five:

- Examination of conscience.
- Sorrow for the sins.
- Resolution to avoid committing sins in the future.
- Confess all sins to the confessor.
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Which sins should be confessed?

We should confess all mortal sins committed after Baptism, or since our last confession.

Prayer Before an Examination of Conscience

My Lord and my God, I firmly believe that you are here, that you see me, that you hear me. Grant me the grace to sincerely examine and know my conscience in all truth, discovering all my sins and miseries; grant me also the fortitude to confess them faithfully, and truly to reach your pardon, and the grace of the final perseverance. Through Jesus Christ our Lord. Amen.

Examination of Conscience

1. Do I know all the principal truths of the Catholic faith? Have I denied them or have

doubted about them any time?

2. Do I believe in superstitions? Do I accept any doctrine contrary to what the Church teaches?
3. Have I received Holy Communion being in doubt or aware in conscience of mortal sin? Do I observe the Eucharistic fast?
4. Have I missed Mass on Sundays or holy days of obligation, by my own fault?
5. Have I observed the days of fast and abstinence?
6. Have I concealed a mortal sin during confession, knowingly?
7. Do I show respect and love toward my parents, family and superiors?
8. Do I use artificial means to

close off the sources of life? Have I procured an abortion?

9. Do I take good care of my home and the material and spiritual welfare of my husband/wife and children?
10. Have I been a bad example for the people around me? Have I incited or helped them to commit a sin?
11. Do I correct my children or other people in anger or unfairly?
12. Do I frequently fight with others? When I think that someone has offended me, do I try to forgive that person?
13. Do I try to solve other's problems? Have I refused my help when someone asked for it?

14. Did I overlook my family and civic duties? Due to this negligence, have I been a cause for others not to comply with their duties?

15. Have I harmed others by word or action?
16. Do I feel hatred or resentment toward others?
17. Have I gotten drunk? Have I encouraged others to get drunk? Did I eat more than necessary?
18. Have I taken drugs or other stimulants that damage my health?
19. Have I realized impure acts? Alone or with another person?
20. Have I accepted obscene thoughts or looks?
21. Have I voluntarily placed myself in an occasion of sin,

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