



You shall love the LORD your GOD with all your heart, with all your soul, with all your mind, and with all your strength.

Mk 12:30

BLESS MY FAMILY BLESS MY CHURCH

St. Michael Center for the Blessed Virgin Mary

P.O. Box 8461, Honolulu, HI 96830-8461

Phone: USA (808) 943-7088

GoodNews@SaintMichaelUSA.org

<https://saintmichaelusa.org/>



St. Michael the Archangel defend us in the day of battle!



JESUS I TRUST IN YOU!

<https://saintmichaelusa.org/divine-mercy>

SCAN ME



SACRAMENT OF CONFESSION

<https://saintmichaelusa.org/confession>



www.facebook.com/StMichaelCenter

The Structure of the Sacrament of Reconciliation

The Seven Deadly Sins	The Seven Holy Virtues
Pride	Humility
Envy	Kindness
Wrath	Patience
Sloth	Diligence
Avarice	Temperance
Gluttony	Abstinence
Lust	Chastity

The four traditional parts of Reconciliation are:

- **Contrition...** internal attitude of sorrow and repentance.
- **Confession...** clear telling of sin for which absolution is requested.
- **Absolution...** emphasizing healing power of Jesus.
- **Satisfaction...** penance, reform of life, amends.

The three elements of contrition are:

- Hatred of the sin (mind)
- Grief (heart)
- Firm purpose of amendment (will)

The four qualities of genuine contrition are:

- Internal
- Supernatural
- Universe (extending to all sins)
- Sovereign (recognition of sin as the greatest evil)

Sacramental Seal: • The obligation of secrecy enjoined on the minister of reconciliation.

The Penitential Rite:

This is not to be confused with the Sacrament of Reconciliation. Lacking sacramental absolution, it is an understated, preparatory and optional rite to help the assembly reflect on their spiritual condition and bring a humble attitude to worship. At times, a sprinkling rite may replace it, recalling the waters of Baptism as well as the tears of repentance.

- Catholic Source Book, edited by Rev. Peter Klein.

A PRACTICAL GUIDE FOR THE SACRAMENT OF PENANCE

FIVE STEPS FOR A GOOD CONFESSION

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins.
4. Resolve to amend your life.
5. After your confession, do the penance the priest assigns.

PRAYER SAID IN THE CONFESSIONAL (THE ACT OF CONTRITION)

"Oh my God, I am heartily sorry for having offended Thee; and, I detest all my sins, because of Thy just punishments. But, most of all, because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more, and to avoid the near occasions of sin. Amen.



<https://www.tiktok.com/@stmichaeljmj>

Making a Good Confession

[YouTube https://www.youtube.com/watch?v=GcMumpsrwBE](https://www.youtube.com/watch?v=GcMumpsrwBE)

SCAN ME



<https://www.instagram.com/stmichaeljmj>

PROCEDURE IN THE CONFESSIONAL

The priest may begin with a Scripture reading. After he finishes, you say:

"Bless me, Father, for I have sinned. It has been (one week, or one month, or one year, etc.) since my last confession." Then tell your mortal sins and the number of times committed. If you have no mortal sins to confess, then confess two or three venial sins you have committed since your last confession. When you have finished telling your sins, you should say: "I am sorry for these sins and for all the sins of my life."

The priest now gives the necessary advice, assigns your penance, and ask you to say the Act of Contrition. Then wait and listen as the priest gives the Absolution.

Then say, "Thank you, Father," and leave the confessional, and perform the penance assigned by the priest.

7 Deadly Sins – 7 Lively Virtues

	Deadly Sin	Definition	Lively Virtue	Definition	Practical Advice	My Action
1	Pride	Life Centered on Self	Humility	Knowing that the Ultimate Truth is the Love of God	Recommend the Success of Others	
2	Envy	Feeling Sorrow at Another Person's Good	Admiration	Seeing Yourself and Others as God's Creation	Go Our of Your Way to Praise Others	
3	Anger (Wrath)	Unreasonable Desire for Vengeance	Forgiveness	The <u>Active</u> Engagement to Interrupt Anger	Take a Step to Mend a Relationship	
4	Sloth	Sorrow in Regard to Spiritual Growth	Zeal	Confidence in Being Sent by God	Discern Your Mission	
5	Avarice (Greed)	Unreasonable Desire for Riches	Generosity	Unselfish Giving	Always Consider the Common Good	
6	Gluttony	Immoderate Pleasure in Food or Drink	Asceticism	Physical Self-Discipline	Fast	
7	Lust	Treating Another as an Means for Physical Pleasure	Chastity	Characteristic to Respect Others; NOT a Behavior	Examine Relationships, Avoid Porn	

SCAN ME



An Examination of Conscience | How to Make a Good Confession

[YouTube https://www.youtube.com/watch?v=Oz6zsPUXQeU](https://www.youtube.com/watch?v=Oz6zsPUXQeU)

A Guided Examination of Conscience

[YouTube https://www.youtube.com/watch?v=Br4kAN5LbH8](https://www.youtube.com/watch?v=Br4kAN5LbH8)

SCAN ME



<https://x.com/stmichaelpeace>



You shall love the LORD your GOD with all your heart, with all your soul, with all your mind, and with all your strength.

Mk 12:30

BLESS MY FAMILY BLESS MY CHURCH

St. Michael Center for the Blessed Virgin Mary

P.O. Box 8461, Honolulu, HI 96830-8461

Phone: USA (808) 943-7088

GoodNews@SaintMichaelUSA.org

<https://saintmichaelusa.org/>



St. Michael the Archangel defend us in the day of battle!



**JESUS
I TRUST
IN YOU!**

<https://saintmichaelusa.org/divine-mercy>

SCAN ME



**SACRAMENT OF
CONFESSION**

<https://saintmichaelusa.org/confession>



[www.facebook.com/
StMichaelCenter](http://www.facebook.com/StMichaelCenter)

EXAMINATION OF CONSCIENCE

Many of these sins are mortal, and receiving the Eucharist is forbidden until a good confession is made to a priest. If in doubt whether a sin is mortal or venial, confess it and consult a good catechism or priest. A mortal sin involves a serious matter if there is sufficient reflection, and it is committed with full consent of the will. Did I deny or doubt God's existence? Did I refuse to believe in God's revelation? Did I believe in horoscopes, fortune telling, dreams, good luck charms, reincarnation or visit a psychic?

Did I deny that I was Catholic? Did I leave the Catholic faith? Did I despair of or presume on God's Mercy? Did I neglect prayer for a long time? Did I blaspheme God or take God's or Jesus' name in vain, curse or break an oath or vow?

Did I miss Mass on Sunday or Holy Day of Obligation through my own fault? Am I always reverent in the presence of Jesus in the most Blessed Sacrament of the altar?

Was I inattentive at Mass? Did I come to Mass late? How late? Did I leave Mass early? Did I do unnecessary physical work on Sunday? Did I disobey or disrespect my parents or legitimate superiors? Did I neglect my duties to my husband, wife, children or parents? Did I fail to actively take an interest in the religious education and formation of my children? Have I failed to educate myself on the true teachings of the Catholic Church?

Did I give a full day's work in return for my full day's pay?

Did I give a fair wage to my employee(s)?

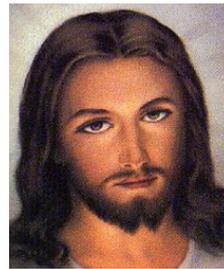
Did I give scandal by what I said or did, especially to the young? Was I the cause of anyone leaving the faith? Was I impatient, angry, envious, unkind, proud, jealous, revengeful or hateful toward others; lazy? Did I give bad example, abuse drugs, drink alcohol to excess, fight or quarrel? Did I physically injure or kill anyone? Have had or advised for an abortion? Regarding abortion, check with your priest to see if you were automatically excommunicated. (Canon 1398 states that a person who successfully procures an abortion is automatically excommunicated; also excommunicated are all persons involved in a deliberate and successful effort to bring about an abortion.) Did I participate in or approve of the grave evil known as "mercy killing"? Did I attempt suicide?

In the area of deliberate sexual sins listed below, all are mortal if there is sufficient reflection and full consent of the will: Did I willfully entertain impure thoughts and desires? Did I dress immodestly? Did I use impure or suggestive words? Tell impure stories? Or listen to them? Did I deliberately look at impure TV, plays, pictures or movies? Or deliberately read impure material? Did I commit an impure act by myself or with another? Which acts? Did I marry or advise another to marry outside the Catholic Church? Did I abuse my marriage rights? Was I unfaithful to my marriage vows? Have I kept company with someone else's spouse? Did I practice artificial birth control, or was I or my spouse sterilized? Did I steal, cheat,

help or encourage others to steal, or keep stolen goods? Have I made restitution for stolen goods? Did I fulfill my contracts; give or accept bribes; pay my bills; rashly gamble or speculate; deprive my family of the necessities of life?

Did I tell lies? Deliberately to deceive? Or injure others by lies? Did I commit perjury? Was I uncharitable in word or deed, gossip or reveal others' faults and sins? Fail to keep secrets I should have? Did I eat meat on Fridays during Lent or on Ash Wednesday? Did I fast as required on Ash Wednesday and Good Friday? Did I fail to receive Holy Communion during Easter time? Fail to confess at least once a year? Did I go to Holy Communion in the state of mortal sin? Without fasting (water and medicine permitted) for one hour from food and drink? Did I make a bad confession? Did I fail to contribute to the support of the Catholic Church?

Words of Jesus to Sister Faustina



"When you go to confession, to this fountain of mercy, the Blood and Water which came forth from My Heart always flow down upon your soul...In the Tribunal of Mercy [the sacrament of Reconciliation]...the greatest miracles take place and are incessantly repeated... Here the misery of the soul meets the God of Mercy..." Come with faith to the feet of My representative...I myself am waiting

there for you. I am only hidden by the priest... I Myself act in your soul... Make your confession before Me. The person of the priest is, for Me, only a screen. Never analyze what sort of a priest it is that I am making use of; open your soul in confession as you would to Me, and I will fill it with My light...

Were a soul like a decaying corpse, so that from a human standpoint, there would be no hope of restoration and everything would already be lost, it is not so with God. The miracle of Divine Mercy restores that soul in full... From this fount of mercy souls draw graces solely with the vessel of trust. If their trust is great, there is no limit to My generosity." Our Lord has emphasized the need for us to go to confession and to receive Him in the Holy Eucharist in order to obtain the greatest gifts of His Mercy. We as Catholics have the source of Mercy in the confessional and in the Precious Blood of the Eucharist. Let us proclaim this message.



"Confession is more powerful than an exorcism. One is a sacrament and the other is a blessing. One confession is worth 100 exorcisms. The devil wants to destroy the soul and the soul is healed by confession. If people want to decrease the work of Satan, they should increase the use of confession. Once the confessional line gets thin, the activity of Satan increases. To decrease the work of Satan, increase the use of confession" Msgr. John Esseff (Exorcist 40 years)



flocknote

<https://stmichaelcenter.flocknote.com/>

StMichaelCenter

Sign Up



PRAYER REQUEST

[https://saintmichaelusa.org/
prayer-request/](https://saintmichaelusa.org/prayer-request/)