



## OCIA SELF-GUIDED RECONCILIATION RETREAT

*As you prepare for upcoming baptism and/or confirmation, please follow the process described carefully and prayerfully. When you are ready, please contact the OCIA director to schedule a time for your first confession.*

### 1. Review the *Forgiven* series on [formed.org](https://watch.formed.org/forgiven).

<https://watch.formed.org/forgiven>

Please watch the three sessions. You may also want to review the questions and answers video and the one on biblical foundations.

### 2. If you have not already done so, please review chapter 18 in the USCCB adult catechism on the sacrament of penance and reconciliation.

<http://ccc.usccb.org/flipbooks/uscca/#260>

### 3. Prayerfully read the following passages of scripture. Reflect on the people and situations they describe and how they relate to sinfulness, confession, forgiveness, approaching God, and our place within the body of Christ.

Luke 5.1-11

Matthew 18.15-35

1 John 1.5-2.11

Hebrews 4.12-16; 10.19-25; 12.1-13

2 Corinthians 5.16-21

### 4. Use the included examinations to reflect on your life and actions, asking the Holy Spirit to illuminate those things in your life that need to be brought to God for forgiveness.

Remember to think about your past and anything that continues to bind you with guilt and regret. Make note of those things you want to remember to confess, and feel free to take that list with you when you enter confession.

### 5. Consider memorizing the following prayers.

You may bring a copy of the act of contrition to your confession. Your penance may include praying the Hail Mary and Our Father, which should be done as soon as possible after leaving confession. Again, you may bring a missal with those prayers (or have them with you in another form), but entering into intimate prayer with God is often facilitated by having those prayers committed to memory.

#### 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.

## Hail Mary

Hail Mary, full of grace, the Lord is with thee.  
Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.

## Our Father (The Lord's Prayer)

Our Father, who art in heaven, hallowed be thy name.  
Thy kingdom come, thy will be done, on earth as it is in heaven.  
Give us this day our daily bread, and forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil. Amen.

### The Way of Darkness (Sin) :

#### The Seven Capital Sins

1. **Pride:** Preoccupation with one's own excellence or misery.
2. **Avarice/Greed:** Disordered desire for possessions; setting our hearts on material things; selfishness.
3. **Lust:** Disordered desire for or inordinate enjoyment of sexual pleasure.
4. **Anger:** Uncontrolled emotion which results in desire for revenge; holding resentment.
5. **Guttony:** Putting the pleasures of the body (food, drink, makeup, Internet, TV, etc.) over the goods of the soul.
6. **Envy:** Sadness at the good of another.
7. **Sloth:** Bodily or Spiritual laziness or neglect.

#### Sins Against the Theological Virtues

1. Presumption on God's Mercy.
2. Despair of God's Mercy.
3. Resisting and/or Attacking the known truth.
4. Envy at another's spiritual good.
5. Obstinacy in sin.
6. Final impenitence (refusal to repent).

#### Sins Crying to Heaven

1. Willful murder.
2. Sodomy.
3. Oppression of the poor.
4. Defrauding laborers of their wages.

#### Being an Accessory to Another's Sin

1. By counsel.
2. By command.
3. By consent.
4. By provocation.
5. By praise or flattery.
6. By concealment.
7. By partaking.
8. By silence.
9. By defense of the sinful action.

#### The Works of the Flesh (Gal. 5:19-21)

Immorality, impurity, licentiousness, idolatry, sorcery, hatreds, rivalry, jealousy, outbursts of fury, acts of selfishness, dissensions, factions, occasions of envy, drinking bouts, orgies.

### The Way of Light (Holiness) :

#### The Seven Capital Virtues

1. **Humility:** Acknowledgment of truth about God, oneself and others.
2. **Generosity:** Doing actions for the benefit of others; selflessness.
3. **Chastity:** Proper integration of sexuality within the human person according to the mind of God and one's state in life.
4. **Meekness:** Gentleness of spirit that gives power of self-possession; governs anger.
5. **Temperance:** Moderation of the desire for pleasure.
6. **Brotherly Love:** Desire for the true good of one's neighbor, which leads one to act rightly toward him.
7. **Diligence:** Consistency in doing what is right.

#### The Theological Virtues

Faith, Hope and, Charity.

#### The Cardinal Virtues

Prudence, Justice, Temperance and Fortitude.

#### The Corporal Works of Mercy

To feed the hungry, give drink to the thirsty, clothe the naked, visit the imprisoned, shelter the homeless, visit the sick and bury the dead.

#### The Spiritual Works of Mercy

To admonish the sinner, instruct the ignorant, counsel the doubtful, comfort the sorrowful, bear wrongs patiently, forgive all injuries and pray for the living and the dead.

#### The Gifts of the Holy Spirit

Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord.

#### The Fruits of the Holy Spirit

(Gal. 5:22-23)  
Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-Control and Chastity.

#### The Beatitudes

1. Blessed are the poor in spirit; for theirs is the Kingdom of Heaven.
2. Blessed are the meek; for they shall possess the land.
3. Blessed are they that mourn; for they shall be comforted.
4. Blessed are they that hunger and thirst for justice; for they shall be filled.
5. Blessed are the merciful; for they shall obtain mercy.
6. Blessed are the pure of heart; for they shall see God.
7. Blessed are the peacemakers; for they shall be called the children of God.
8. Blessed are they that suffer persecution for justice's sake; for theirs is the Kingdom of Heaven.
9. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

#### Three Eminent Good Works to Overcome our Sinfulness

Prayer, Fasting and Almsgiving.

#### The Evangelical Counsels

Chastity, Poverty and Obedience.

#### Imprimi Potest:

Very Rev. David M. Wilton, CPM  
Superior General of the Fathers of Mercy  
April 12, 2015  
Divine Mercy Sunday

#### THE FATHERS OF MERCY

806 Shaker Museum Road  
Auburn, KY 42206  
(270) 542-4146  
www.fathersofmercy.com

## Examination of Conscience for Adults and Teens



### The Ten Commandments

- I am the Lord Thy God. Thou shalt not have strange gods before Me.
- Thou shalt not take the Name of the Lord thy God in vain.
- Remember to keep holy the Lord's Day.
- Honor thy father and thy mother.
- Thou shalt not kill.
- Thou shalt not commit adultery.
- Thou shalt not steal.
- Thou shalt not bear false witness.
- Thou shalt not covet thy neighbor's wife.
- Thou shalt not covet thy neighbor's goods.

### The Two Greatest Commandments

1. You shall love the Lord your God with your whole heart, with your whole soul and with all your mind.
2. You shall love your neighbor as yourself.

### The Precepts of the Church

1. You shall attend Mass on Sundays and on Holy Days of Obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the Sacrament of the Eucharist at least during the Easter Season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

### Prayer Before Confession

Come, Holy Spirit, enlighten my mind that I may clearly know my sins. Move my heart that I may be sincerely sorry for them, honestly confess them and firmly resolve to amend my life. Spirit of Wisdom, grant me to see the malice of sin and my ingratitude toward You, the all-loving God. Spirit of Fortitude, help me to make whatever sacrifice is needed to avoid sin in the future. Amen.

# A Brief Examination of Conscience

## *Based on the Ten Commandments*



### **I am the LORD your God: you shall not have strange Gods before me.**

Have I treated people, events, or things as more important than God?

### **You shall not take the name of the LORD your God in vain.**

Have my words, actively or passively, put down God, the Church, or people?

### **Remember to keep holy the LORD's Day.**

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

### **Honor your father and your mother.**

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

### **You shall not kill.**

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

### **You shall not commit adultery.**

Have I respected the physical and sexual dignity of others and of myself?

### **You shall not steal.**

Have I taken or wasted time or resources that belonged to another?

### **You shall not bear false witness against your neighbor.**

Have I gossiped, told lies, or embellished stories at the expense of another?

### **You shall not covet your neighbor's spouse.**

Have I honored my spouse with my full affection and exclusive love?

### **You shall not covet your neighbor's goods.**

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

### **Christ's Two Commandments**

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ gives us Two Commandments: "He said to him, 'You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments'" (Mt 22:37-40).

Not sure what love is? St. Paul describes it for us in his Letter to the Corinthians. Is this how you love God and others? "Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails" (1 Cor 13:4-8).



Copyright © 2013, United States Conference of Catholic Bishops, Washington, DC. All rights reserved. Permission is hereby granted to duplicate this work without adaptation for non-commercial use.

Scripture excerpts used in this work are taken from the *New American Bible*, rev. ed. © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. All rights reserved. No part of this work may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the copyright owner.