THE FOLLOWING PAGES ARE INTENDED TO BE PRINTED BACK TO BACK ON LONG BOND PAPER SIZE.

To be sure the printing is right, pls. do the following steps:

1. Load a Long Bond paper into the printer tray.
2. Click on FILE button on top of the screen left portion, and click on PRINT.
3. When the PRINT box shows, click on PROPERTIES located at the top right portion.
4. Click on PRINTER PAPER SIZE then choose CUSTOM which is at the very end. The paper is usually set up at 8.50 inches by 11 inches which is the size of a Short Bond paper. Change the height to 13 inches instead of 11 inches. The paper size should be 8.50 x 13 inches which is the exact size of Long Bond paper. Click OK.
5. Below the Printer Paper Size option in choice of paper ORIENTATION, pls. choose LANDSCAPE..
6. Check also PREVIEW BEFORE PRINTING, so you will know you got it right before printing.
7. Click OK then the original PRINT Box will appear again. Pls. see PRINT RANGE on the left portion and click on PAGES.
8. Remove the “1-3” and just type “2” which means you’ll be printing first to one side of the paper, then click OK.
9. A box which shows the PREVIEW of your first page will appear. If you see that the page will be correctly printed in long bond paper, then it has no missing text lines, and there are margins all around, then it’s good. If not, pls. click on CANCEL PRINTING and repeat again the process. You may have missed something.
10. If the preview looks alright, choose START PRINTING, then it will automatically print the first page.
11. When the first page comes out, load it again into the printer tray. The printed portion should be on top.
12. Print the page 3 only.
13. There you have it, the back to back Confession Guide, English and Tagalog. Fold it into four.

14. Distribute many copies to your family and friends and encourage them to go to Confession!

Look for WHY GO TO CONFESSION topic in our website ARTICLES SECTION to learn more about Confession and how to explain it to your family and friends.

God bless you.

EXAMINATION OF CONSCIENCE

BEFORE THE SACRAMENT OF
CONFESSION/ RECONCILIATION

The 10 COMMANDMENTS (Ex. 20: 2-17)

1 "I am the Lord your God. You shall not have strange gods before Me."

Did I doubt or deny that God exists?
Did I refuse to believe what God has revealed to us? Did I deny that I was Catholic?
Did I believe in fortune telling, horoscopes, dreams, occult, good-luck charms, tarot cards, palmistry, Ouija boards, seances, reincarnation?
Did I leave the Catholic Faith?
Did I give time to God each day in prayer?
Did I love God with my whole heart?
Did I despair of or presume on God's mercy?
Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, pleasure, etc.?

2 "You shall not take the Name of the Lord your God in vain."

Did I blaspheme or insult God?
Did I take God's name carelessly or uselessly? Did I get angry with God?
Did I curse, or break an oath or vow?

3 "Remember that you keep holy the Sabbath Day."

Did I miss Mass Sunday or a Holy Day of Obligation through my own fault?
Did I come to Mass on time? Leave early?
Did I do work on Sunday that was not necessary? Did I set aside Sunday as a day of rest and a family day?
Did I show reverence in the presence of Jesus in the Most Blessed Sacrament?

4 "Honor your father and your mother."

Did I disobey or disrespect my parents or legitimate superiors?
Did I neglect my duties to my husband, wife, children or parents? Did I neglect to give good religious example to my family?
Did I fail to actively take an interest in the religious education and formation of my children?
Did I fail to educate myself on the true teachings of the Church?
Did I give scandal by what I said or did, especially to the young?
Did I cause anyone to leave the faith?
Did I cause tension and fights in my family?
Did I care for my aged and infirm relatives?
Did I give a full day's work for a full day's pay?
Did I give a fair wage to my employees?

5 "You shall not kill."

Did I kill or physically injure anyone?
Did I have an abortion, or advise someone else to have an abortion?
(One who procures an abortion is automatically excommunicated, as is anyone who is involved in an abortion, Canon 1398. The excommunication will be lifted in the Sacrament of Reconciliation.)
Did I use or cause my spouse to use birth control pills (whether or not realizing that birth control pills do abort the fetus if and when conceived)?
Did I attempt suicide? Did I take part in or approve of "mercy killing" (euthanasia)?
Did I get angry, impatient, envious, unkind, proud, revengeful, jealous, hateful toward another, lazy?
Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling? Did I practice bad habits that destroys my health?
Did I abuse my children?

6 9 "You shall not commit adultery." & "You shall not covet your neighbor's wife."

Note: In the area of deliberate sexual sins listed below, all are mortal sins if there is sufficient reflection and full consent of the will.
"No fornicators, idolaters, or adulterers, no sodomites,… will inherit the kingdom of God." (1 Cor. 6:9-10) "Anyone who looks lustfully at a woman has already committed adultery with her in his thoughts." (Mt. 5:28)
Did I willfully entertain impure thoughts or desires? Did I use impure or suggestive words? Tell impure stories? Listen to them?
Did I deliberately look at impure TV, videos, plays, pictures or movies? Or deliberately read impure materials?
Did I commit impure acts by myself (masturbation)? Did I commit impure acts with another - fornication (premarital sex), adultery (sex with a married person)?
Did I engage in homosexual activity?
Did I practice artificial birth control (by pills, device, withdrawal)?
Did I or my spouse have sterilization done?
Did I marry or advise anyone to marry outside the Church?
Did I abuse my marriage rights?
Did I dress immodestly?
Did I avoid the occasions of impurity?
Did I try to control impure thoughts?
Did I respect all members of the opposite sex, or have I thought of others as objects?

7 10 "You shall not steal." & "You shall not covet your neighbor's goods."

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 waste time at work, school or at home?
Did I envy other people's families or possessions?
Did I make material possessions the purpose of my life?

8 "You shall not bear false witness against your neighbor."

Did I lie? Did I deliberately deceive others, or injure others by lies? Did I commit perjury?
Did I gossip or reveal others' faults or sins?
Did I fail to keep secret what should be confidential?

OTHER SINS:
Did I fast on Ash Wednesday and Good Friday?
Did I eat meat on Fridays of Lent or Ash Wed.?
Did I fail to receive Holy Communion on Easter?
Did I go to Holy Communion in a 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 Church?

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

Source: www.scborromeo.org, w/ very minor changes

3 C's FOR A GOOD CONFESSION:

1. **CONTRITE:** Contrition, which is sorrow for sin, with a purpose of amendment

2. **CONCISE:** Go straight to the point, saying your sins, and not your neighbors' and without excuses.

3. **COMPLETE:** Do not omit any sin but say all your sins since your last confession. Start with mortal sins. Mention the sins you are most ashamed of first to defeat immediately the devil who wants to tie your tongue. For mortal sins, say the estimated number/ frequency, and the relevant circumstances for the priest to judge the gravity of your sins.

Jesus: *"Every time you go to confession… **I Myself am waiting there for you. I am only hidden by the priest...** Here the misery of the soul meets the God of mercy... If their trust is great, there is no limit to My gene-rosity. The torrents of grace inundate humble souls. The proud remain always in poverty & misery..." (St. Faustina's Diary, #1602)*

HELP SAVE SOULS!
PLS. REPRODUCE & SHARE!

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PAGHAHANDA PARA SA SAKRAMENTO NG KUMPISAL

5 hakbang na dapat gampanan upang ang kumpisal ay maging karapat-dapat at mabisa:

- Pagsusuri ng budhi
- Pagsisisi
- Pagtitika sa pagbabalik-loob
- Pagkukumpisal ng kasalanan
- Pagtupad ng parusa.

PAGSUSURI NG BUDHI

Ayon sa 10 Utos ng Diyos

- Kailan ako huling nangumpisal? Iyon ba ay "mabuting kumpisal?"
- Nagkaroon ba ako ng matindi o mortal na kasalanan mula noong huli kong kumpisal?

1 "Wala nang ibang Diyos, maliban sa akin". (Ex 20:2,3)

- Ako ba'y nagbasa ng mga aklat o nanood ng mga pelikula o palabas na labag sa aking pananampalataya?
- Ako ba'y mapamahiin? Naniniwala sa mga hula, astrolohiya, horoscope, pagbasa ng palad, tarrot cards, kulam?
- Tinupad ko ba ang aking tungkulin sa Diyos ng may pagaatubili o sama ng loob?
- Tumanggap ba ako ng Komunyon ng may kasalanang mabigat o nagkulang sa paghahanda? Nag-ayuno (fasting) ba ako ng isang oras bago magkomunyon?
- Nagkaila ba ako ng kasalanang mabigat sa mga nakaraan kong pagkukumpisal?

2 "Igalang mo ang ngalan ng Diyos." (Ex 20:7)

- Binanggit ko ba ang ngalan ng Diyos ng walang paggalang? o nagsalita ng walang-paggalang tungkol kina Hesus, Maria, at iba pang mga santo?
- Ako ba'y nagmura?
- Tinupad ko ba ang mga pangako ko sa Diyos?

3 "Ipangilin mo ang araw ng Panginoon." (Ex 20:8)

- Ako ba'y palagiang dumadalo sa Misa tuwing Linggo? Taimtim ba akong nagdarasal at nakikinig habang nagmimisa?
- Dumating ba ako ng huli sa Misa nang walang sapat na dahilan, at dahil doon ay hindi ko natupad ang aking tungkuling magsimba?
- Nakatulong ba ako sa Simbahan sa kaniyang pangangailangan sa abot ng aking makakaya?
- Ako ba ay nag-aayuno at nangingilin sa karne sa mga araw na ipinag-uutos ng Simbahan tulad ng Miyerkules ng Abo, at Biyernes Santo?
- Ako ba'y nakagawa o nakapag-utos ng pag-gawa ng mabigat kung araw ng Linggo o araw ng pangilin, sa halip na magpahinga at manalangin upang mapalapit sa Diyos?

4 "Igalang ang iyong ama at ina" (Ex 20:12)

(Para sa mga anak)

- Nagkulang ba ako sa pagsunod o paggalang sa aking mga magulang?
- Ako ba'y tumulong sa kanila hanggang sa abot ng aking makakaya?
- Nagdulot ba ako ng sama ng loob sa kanila? Paano?
- Iginalang ko ba ang mga tuntunin ng aking paaralan?
- Tumutulong ba ako sa mga gawaing-bahay? Nakikipag-away ba ako sa aking mga kapatid?

(Para sa mga magulang)

- Pinabinyagan ko ba ang aking mga anak at pinagsikapang sila'y makapagkumpisal at makatanggap ng Unang Banal na Komunyon, Kumpil, at iba pang kailangang Sakramento?
- Napapabayaan ko ba ang pagtuturo ng mga dasal sa aking mga anak, pasimbahin sila at ang pagbibigay ng edukasyong kristiyano?
- Nagpakita ba ako sa kanila ng masamang halimbawa sa salita at sa gawa?
- Nagkulang ba ako sa pangangalaga sa aking mga anak. Inalam ko ba at tiniyak kung mabubuti ang kanilang mga kasama, ang mga aklat na kanilang binabasa, at ang mga pinanonood nila sa sine at TV?

5 "Huwag kang papatay." (Ex 20:13)

- Ako ba'y pumatay?
- May nasaktan ba ako dahil sa aking ginawa o sinabi?
- Tumanggi ba akong tumulong sa aking kapwa gayong may pagkakataon at paraan?
- Nagkalat ba ako ng masasamang balita tungkol sa iba?
- Nagpakita ba ako ng masamang halimbawa?
- Nagsikap ba akong makabawi sa mali kong nagawa?
- Nagtanim ba ako ng sama ng loob?
- Kaagad at buong katapatan ba akong humingi ng paumanhin para sa aking mga pagkakamali?
- Naging sanhi ba ako ng kapahamakang pisikal, moral at pinansiyal ng aking kapwa?
- Pinangalagaan ko ba ang aking pisikal at pangkaisipang kalusugan?
- Ako ba'y gumamit ng mga ipinagbabawal na gamot, nanigarilyo at uminom nang labis, at gumawa ng mga bagay na nakakasira hindi lamang sa aking kalusugan, kundi ng iba?
- Ako ba ay naki-ayon o tuwirang tumulong sa pagkakapon (pagtatali sa babae, at iba pa)?
- Sumang-ayon ba ako, nagpayo, nagmungkahi o tuwirang tumulong sa pagpapalaglag (aborsiyon) ng bata na nasa sinapupunan pa?

6 "Huwag kang manghalay." (Ex 20:14)
9 "Huwag mong pagnasahan ang asawa ng iyong kapwa" (Ex 20:17)

- Tumingin ba ako sa malalaswang larawan, aklat, palabas, pelikula? Pinaglaruan ko ba sa aking isipan ang mahahalay na bagay?
- Gumawa ba ako ng kahalayan sa sarili o kasama ng iba? Ako ba'y nakipagrelasyon, nakipagtalik, o nagsagawa ng mga pagkilos na nararapat lamang sa mga taong kasal na sa Simbahan?
- Ako ba'y naging maingat at wasto sa pakikisalamuha sa iba (babae o lalaki), may asawa man o wala?
- Sumali ba ako sa mga usapin o biruan na posibleng nagudyok sa akin at sa mga kasama ko na magkasala laban sa kalinisan?
- Naging tapat ba ako sa aking asawa, sa isip at gawa?
- Gumamit ba ako ng pills o iba pang paraan na artipisyal upang makaiwas sa pagbubuntis? Hinikayat ko ba ang iba na gumawa rin nito?

7 Huwag kang magnakaw.
10 Huwag mong pagnasahan ang ari-arian ng iyong kapwa." (Ex 20:15,17)

- Ako ba'y nagnakaw? Isinauli ko ba ang aking ninakaw, o binayaran ang halaga nito?
- Nandaya ba ako sa paaralan o sa hanapbuhay? Naging tapat ba ako sa aking trabaho at ginampanan ng buong husay ito?
- Makatarungan ba ako sa pagbabayad sa aking mga empleyado, sa pagbabayad ng aking buwis at iba pang dapat bayaran?
- Nainggit ba ako sa kayamanan ng iba at sa kanilang tagumpay?
- Nag-aksaya ba ako ng oras at mga pagkakataon?
- Naging sakim ba ako?

8 "Huwag kang magsinungaling laban sa iyong kapwa" (Ex 20:16)

- Ako ba'y nagsinungaling para ipagtanggol ang aking kayabangan o para magdulot ng kapahamakan sa iba?
- Nagkalat ba ako ng tsismis na makasisirang puri sa aking kapwa?
- Mayroon ba akong pinaratangan, bagamat ito'y walang katotohanan?
- Hinusgahan ko ba ang iba nang walang pasubali? Ako ba'y may kinikilingan?

PAGSISISI

O Diyos ko, pinagsisisihan kong lubos ang pagkakasala ko sa iyo, sapagkat natatakot ako sa pagkawala ng langit at sa mga hirap sa impiyerno, subalit higit sa lahat, sapagkat nagkasala ako sa iyo, Diyos ko, na ubod ng kabutihan at karapat-dapat sa buo kong pag-ibig. Nagtitika akong lubos, sa tulong ng Iyong biyaya, na iwasan ang mga kasalanan at ang mga pagkakataon ng pagkakasala at tuparin ang mga utos mo. Amen.

Source: National Shrine of Our Lady of Lourdes

"Kung ipinapahayag natin ang ating mga kasalanan, maaasahan nating ipatatawad sa atin ng Diyos ang mga ito at lilinisin tayo sa lahat ng ating kasamaan sapagkat siya'y matuwid." ~ 1John 1:9

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