

Psalm 51

Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy,
blot out my transgressions.
Wash me thoroughly from my iniquity,
and cleanse me from my sin.

For I know my transgressions,
and my sin is ever before me.
Against you, you alone, have I sinned
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgment.
Indeed, I was born guilty,
a sinner when my mother conceived me.

You desire truth in the inward being;
therefore teach me wisdom in my secret heart.
Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
Let me hear joy and gladness;
let the bones that you have crushed rejoice.
Hide your face from my sins,
and blot out all my iniquities.

Create in me a clean heart, O God,
and put a new and right spirit within me.
Do not cast me away from your presence,
and do not take your holy spirit from me.
Restore to me the joy of your salvation,
and sustain in me a willing spirit.

Then I will teach transgressors your ways,
and sinners will return to you.
Deliver me from bloodshed, O God,
O God of my salvation,
and my tongue will sing aloud of your deliverance.

O Lord, open my lips,
and my mouth will declare your praise.
For you have no delight in sacrifice;
if I were to give a burnt offering, you would not be pleased.
The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart, O God, you will not despise.

Do good to Zion in your good pleasure;
rebuild the walls of Jerusalem;
then you will delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on your altar.

ACTS 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 Saviour Jesus
Christ suffered and died for us. In his name, my
God, have mercy. Amen.

Lord Jesus, in Your earthly ministry You were
called the friend of sinners. By Your saving
death and resurrection free me from my sins,
which I repent of because they separate me
from You, who deserve all my love. May Your
Holy Spirit restore peace in my heart, and guide
me into the ways of love, holiness and truth.

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
so 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. Through Christ
Our Lord. Amen.

My God, because You are so good, I am truly
sorry I have sinned against You, and with the
help of Your grace I will sin no more.

Lord Jesus Christ, Son of the Living God, have
mercy on me, a sinner.

Examination of Conscience

*Come to me, all you who are weary
and are carrying heavy burdens, and
I will give you rest. (Matthew 11:28)*

*Before making our confession, we need to
examine ourselves humbly and honestly to
identify the ways we've fallen short of
God's love.*

*There are many ways to make such an
examination. One method is to work
through the Ten Commandments and the
precepts of the Church to see how we may
have infringed them. While this is a tried-
and-tested method, it can encourage a
"shopping list" approach to sin as breaches
of the law, rather than failures in the life of
loving discipleship.*

*An alternative approach is to measure
ourselves against the positive pattern of
Christian living.*

Begin by invoking the help of the Holy Spirit:

*Come Holy Spirit and fill the hearts of your faithful
And kindle in them the fire of your love.
Send forth your spirit, and all will be created anew.
And you will renew the face of the earth.*

***You shall love the Lord your
God with all your heart and
with all your soul and with all
your mind and with all your
strength. (Mark 12:30)***

Am I devoted to God? Do I try to love Him above all else? Am I faithful to His commandments? Or is my heart set on the values of this world?

God spoke to us through His Son. Have I been careful to nourish my understanding of the faith, to hear God's word?

Do I pray regularly? Do I fast or perform other acts of penance? Do I offer God my difficulties, my doubts, my joys, and my sorrows?

Do I have love and reverence for God's name and for holy things?

Do I keep Sundays and feast days holy by fully participating in the liturgy?

Are there false gods I worship by giving them greater attention and deeper trust than I give to God: money, popularity, pleasure, prestige?

Do I live with trust and hope in God? Am I cynical or fatalistic about the world? Am I superstitious? Have I been patient in accepting the sorrows and disappointments of life?

***I give you a new
commandment, that you love
one another. Just as I have
loved you, you also should love
one another. (John 13:34)***

Do I truly love my neighbour? Do I pay attention to other people and their needs, or do I ignore them? Do I exploit them for my own benefit? Do I treat others the way I would want to be treated?

Have I shown love and respect to those around me? Do I listen to and encourage those I live and work with?

Do I share my possessions with the poor? Do I do my best to help the victims of oppression, misfortune, and poverty?

Have I been bullying or overbearing, violent, or hostile towards others in thought, word, or deed? Do I have loving respect for human life, including the life of the unborn, the sick, the elderly, and the dying?

Am I negative or hyper-critical of other people? Have I forced my opinions on others without respecting their freedom and rights? Am I manipulative, prejudiced, or bigoted?

Am I thinking about the good of my community, or am I only thinking about myself? Do I inform myself about public affairs and vote responsibly in elections? Do I do my best to promote justice, morality, harmony, and love in human relations?

***Be perfect, therefore, as your
heavenly Father is perfect.
(Matthew 5:48)***

Where is my life leading me? Is the hope of eternal life my inspiration? Have I tried to grow in the life of the Spirit through prayer, reading the word of God, and receiving the sacraments?

What have I done with the time, health, and strength that God has given me? Do I use them to become more perfect each day? Am I lazy?

Am I responsible and generous when it comes to money and other material goods? Am I dishonest, mean, wasteful, extravagant, or showy?

Do I treat the world, including its animals, plants, and natural resources, with loving care and respect? Do I see these as God's gift, as an inheritance for future generations, and as a reflection of His beauty and goodness?

Have I kept my body pure as a temple for the Holy Spirit? Have I dishonoured my body through unworthy acts, conversation or thoughts? Do I try to live in a way that aligns with the Church's teachings on sex, love, and marriage?

Am I responsible for my life and my health? Do I abuse substances (e.g. alcohol, drugs) or engage in harmful behaviours (e.g. pornography, compulsive shopping, gambling)?

Have I acted against my conscience out of fear or hypocrisy?