

SINS THAT NEED TO BE CONFESSED

Abortion
Adultery
All use of illegal drugs
Any dealing with occult, IE. Ouija boards
Artificial Birth Control
Being judgmental
Blasphemy: disrespect toward God or toward His Holy Name.
Breaking promises deliberately
Bringing dishonor to family, school, community, or the Church.
Calumny: telling lies about another.
Despair: To believe that God will refuse to forgive you
Destruction of other people’s property
Detraction: Telling an unkind truth about another
Disobedience toward parents/teachers
Drunkenness, including any drinking under the age of 21
Excessive materialism
Gluttony: eating or drinking to excess
Gossip: talking about others
Hatred
Homosexual actions
Impure thoughts
Indifference to good or evil
Ingratitude
Intentional violation of school rules
Jealousy
Laziness
Lying
Malice: The deliberate choice of evil
Masturbation: impure actions with yourself
Missing Mass on any Sunday or Holyday
Murder
NOT PRAYING EVERYDAY
Premarital sex, including oral sex, intercourse, impure touching of another
Presumption: Sinning and saying God MUST forgive me.
Pride
Prostitution
Reckless driving that endangers you, passengers, or others
Rudeness
Selfishness
Stealing
Superstition
Unjustified anger
Using others for your own personal gain
Watching or looking at pornographic material
What I have FAILED to do? – SINS OF OMISSION!

ACT OF CONTRITION
O my God! I am heartily
sorry for having offended
Thee and I detest all my
sins because of Thy just
punishment, but most of
all because I have
offended Thee, my God,
Who are 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

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