

An Adult Approach to Confession

1. CONFESSION IS PERIODIC SELF INVENTORY OF MY RELATIONSHIP TO CHRIST

2. As a Catholic I am called to be:

- Leaven to the world – by my presence and actions challenge others to take God seriously
- One called to look at where I am with Christ on a regular basis
- Image for Confession: Rest Stop on our journey to Christ. Review progress and evaluate. Resume Journey once more.
- Confession is a sacrament: We receive the forgiving Christ, and become forgivers of others..
- We look at:
 - Ten Commandments: Serious sin has to be dealt with immediately
 - Duties of state in life – commitments- responsibilities
 - Beatitudes: Christian attitudes and where I am with them
 - Works of Mercy – Bodily and Spiritual – cf Below

3. Ideally Confession is a Seasonal Family Tradition of the Home Church:

Christmas: Winter Easter Spring Memorial Day Summer Labor Day Fall
The Tradition might include a trip to McDonalds. when we makes with another it's reason to celebrate.

A. BEATITUDES: The Attitudes of Jesus

<u>Blessed Are The :</u>	
Poor in Spirit	Those who do not need a lot to be happy
Gentle	Those strong enough to be gentle
Mourn	Those who deal with sorrow knowing life is not easy but is worth it
Long for, work for Justice:	Those Committed to doing right no matter what the cost
Merciful:	Ready to forgive because God has forgiven them already
Pure in Heart:	Those with their heads on straight – know what life is about
Peacemakers:	God buys people where they are. We must do the same
Persecuted for the sake of Right:	Love is often “tough love” and these are able to handle it.

B. THE WORKS OF MERCY – Bodily and Spiritual

The Corporal Works of Mercy:

Feed the Hungry
Give Drink to the Thirsty
Clothe the Naked
Shelter the Homeless
Visit the Sick
Visit the Imprisoned
Bury the Dead

The Spiritual Works of Mercy

Help the Sinner
Comfort the Sorrowful
Teach those who do not know
Bear wrongs patiently
Counsel those in doubt
Forgive injuries
Pray for the Living and the Dead

ADULT EXAMINATION OF CONSCIENCE

THINGS I FIND MOST CHALLENGING:

1. I worry a lot about
2. I avoid
3. I am afraid of
4. What bothers me most is ...
5. I would be most at peace if

GOOD THINGS OF WHICH I'M PROUD:

1. Been able to maintain a good relationship with
2. Gotten better at avoiding
3. Finally was able to
4. Got the courage to get out of
5. Been very blessed with

STATE IN LIFE:

1. Got to be much better at ...
2. Have I been faithful in the duties of my state in life?
3. Have I been an example by my faithfulness in being a person for others?
4. What would God think of the way I'm taking charge of my life and leading it?
5. My biggest challenge right now is

SERIOUS WRONG:

1. Is there anything in my life God would be really upset about if I were to be looking at God face to face in five minutes?
2. Is there anything in my past that I have yet to be honest about?
3. Am I doing what Christ would want me to do?
4. Is there anything I'm fudging on with regard to God, others, or self?
5. I would be much better if

MY RELATIONSHIP TO GOD:

1. In my relationship to God is there anything that I should change?
2. How consistently do I ask: "What would Jesus Think?" "What Would Jesus Do?"
3. Have I prioritized God, keeping aware of His Presence and Action in my life regularly?
4. Have I kept the goal of Eternal Life before me consistently?
5. On a 1 to 9 how would I rate "being on the same page as God?"

MY RELATIONSHIP WITH OTHERS:

1. Have I treated others with the respect and courtesy they deserve?
2. Have I made honest attempts to see the image of God in ALL others?
3. Have I respected others and met them where they are as God has always done with me?
4. Have I seen each individual I meet as a child of God?
5. Am I a person God can count on to do the right thing?
- 6.

MY RELATIONSHIP WITH SELF:

1. Have I taken care of myself and done what was needed to see to my own well-being?
2. Have I prioritized myself and made sure I got the rest and exercise I need to function well?
3. Is there anything at present I should be doing that I'm dodging?
4. What one thing is there the changing of which would make me a better person?
5. What one thing would God wish I was more careful on?