

JESUS GAVE US A ROAD TO HAPPINESS

Let us see if we have strayed from the right path and sinned against God, our neighbour and ourselves.

'HAPPY THE POOR IN SPIRIT: Theirs is the Kingdom of heaven.....'

- Am I honest in my handling of money?
- Am I trying to make money in exploiting others?
- Am I mean or wasteful? Am I humble?
- Am I generous in sharing my time, my talents, my goods, money with others?
- Do I care for my family or do I make their life a misery?

'HAPPY THE GENTLE: They shall have the earth for their heritage.'

- Am I kind to others? Or am I sarcastic towards them?
- Do I gossip, spread rumours or tell lies about others?
- Do I hurt others in any way by my words, gestures or actions?
- Do I listen to others with understanding?

'HAPPY THOSE WHO MOURN: They shall be comforted...'

- Am I willing to accept discomfort and suffering?
- Do I sacrifice my pleasure? Do I fast?
- Do I turn a blind eye to the problems of others for fear of getting involved?
- Do I despise or ignore the weak or those who do not think like me?

'HAPPY THOSE WHO HUNGER AND THIRST FOR WHAT IS RIGHT: They shall be satisfied.....'

- Do I give just wages and just working conditions to those who work for me?
- Do I cheat those for whom I work?
- Have I stolen from others? Did I give back what I stole?
- Have I been violent with others?
- Do I harbour prejudices against the rich / poor?
- Do I accept racial prejudice?
- Do I betray other people's confidence / secrets?

'HAPPY THE MERCIFUL: They shall have mercy shown them.....'

- Am I slow to forgive others?
- Do I harbour grudges or resentment?
- Am I ever secretly displeased at another's failure?
- Do I work for greater tolerance and understanding?
- Do I hurt others, being hard and cold towards them?

'HAPPY THE PEACEMAKERS: They shall be called sons of God.....'

- Do I fight and quarrel with others?
- Do I take drugs?
- Am I obstinate in my opinions?
- Do I listen to the other person's point of view?
- Do I make peace after an argument, after a fight? (Reconciliation)

'HAPPY THE PURE IN HEART: They shall see God.....'

- Do I accept impure thoughts? And take part in impure jokes / conversations?
- Do I take pleasure to watch films / videos which encourage free sex, adultery etc?
- Do I ever commit impure actions alone or with others (masturbation, adultery, sex before marriage, etc)?
- Do I use others for my own personal pleasure?
- Am I faithful to my husband / wife in thought, words and deeds?
- Do I respect my own dignity of son / daughter of God?
- Have I been responsible for an abortion?

'HAPPY THOSE WHO ARE PERSECUTED IN THE CAUSE OF RIGHT: Theirs is the kingdom of heaven.....'

- Am I indifferent to those who suffer in the cause of right?
- Do I run away from the truth in case I may be hurt?
- Do I accept the church's teaching?
- Do I go to Mass regularly and take part fully in the Eucharist?
- Have I been to communion in state of serious sin?
- When last did I go to confession? Did I hide / conceal serious sin?



**ROSEBANK
CATHOLIC
CHURCH**

CHURCH OF THE
IMMACULATE CONCEPTION



The Sacrament of Reconciliation

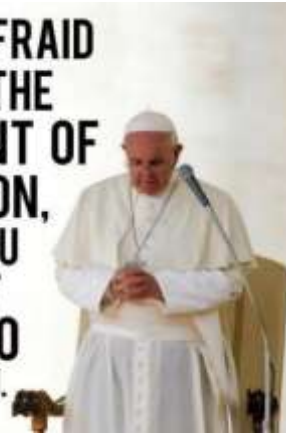
“I will get up and go to my father and say, Father, I have sinned against God and against you. I am no longer fit to be called your son...”

The prodigal son – Luke 15:18-19

**Before confessing our sins:
we examine ourselves to
see how we have sinned**

**How to receive the
Sacrament of
Reconciliation (Confession)**

**DON'T BE AFRAID
TO GO TO THE
SACRAMENT OF
CONFESSION,
WHERE YOU
WILL MEET
JESUS WHO
FORGIVES YOU.**
Pope Francis



going to Confession

When you have examined yourself before the Lord, go to the priest saying:

‘In the name of the Father and of the Son and of the Holy Spirit, Amen.

Bless me father, for I have sinned’.

Wait for the priest to bless you....

‘It is (state period of time) since my last confession.

These are my sins

For those and all the sins of my past life I am truly sorry.’

Listen then to the advice of the priest and accept the penance he will give you then you can say to God how sorry you are: ‘act of contrition’ in your own words or the following:

Act of Contrition:

My God, I am sorry that I have sinned against You, because You are so good and with Your help I will try not to sin again. Amen.



(Longer version)

O my God, I am sorry and beg pardon for all my sins. I detest them above all things because they have crucified my loving Saviour Jesus Christ and most of all – Your infinite goodness. I firmly resolve, with the help of Your grace, never to offend You again and carefully to avoid the occasions of sin. Amen.