

**Lord Jesus Christ,
have mercy upon me a sinner.
Say but the Word and my soul shall be healed.**

**Mary, Joseph,
Archangels St. Michael, St. Gabriel, St. Raphael
my guardian angel,
holy angels and saints,
intercede that my confession
be truly complete and contrite.**

MORTAL SINS

*Mortal sins involve serious matter and full consent of the will,
and knowledge or at least firm belief that the act is seriously sinful.
If you are in doubt about whether a sin is mortal or venial, ask your priest.*

**Knowingly withheld a mortal sin in confession
Missed Sunday mass or holy day mass without serious reason.
Received the Eucharist in the state of mortal sin
Ate meat on Fridays of Lent or Ash Wednesday
Did not fast on Ash Wednesday and Good Friday
Did not receive Holy Communion during Easter time
Failed to confess once a year
Went to Communion without fasting for one hour from food and drink
Gave psychological abuse and needed to be more empathetic
Gave physical abuse and needed obedience to the Word of ABBA
Impure thoughts, words and deeds
Denied help to destitute poor or needy when easily able
Became sterilized
Looked at impure images which promoted immoral sex or violence
Dwelted on impure thoughts, sexual fantasies for arousal
Committed mental adultery
Performed impure private acts
Uttered suggestive words
Committed physical adultery
Committed fornication– sexual intercourse outside marriage
Told impure stories
Listened to impure stories
Read impure material
Dressed immodestly
Kissed or touched someone passionately for arousal**

MORTAL SINS
(continued)

Practised contraception
Kept company with another's spouse
Was unfaithful to marriage vows
Married outside the church
Practised artificial birth control
Committed rape
Committed a homosexual act
Dressed or acted to cause strong sexual arousal in another
Had an abortion or paid for one
Promoted abortion rights
Swore
Impurity against nature
Coveted another's possessions
Kept unpaid items
Took advantage of the poor
Defrauded a workman of his wages
Committed fraud
Committed sorcery
Committed idolatry
Committed mercy killing or euthanasia
Wanted to commit suicide
Serious failure to care for aged parents
Stole a large amount of money or valuable item
Took or sold a dangerous drug for recreation
Got drunk
Lied under oath
Voluntary murder

Showed impatience in a verbal and/or physical way
Was intolerant and impatient
Became angry unnecessarily
Spoke unkindly to others
Told harmful truths about others without serious reason
Uncharitable in thought, word, deed
Envied another's abilities and talents
Was bitter and resentful
Remained angry
Was vindictive
Wilfully angered others
Failed to keep secrets
Argued needlessly with others
Confronted and judged others
Wilfully delayed forgiving
Showed impatience in a verbal and/or physical way
Was intolerant and impatient
Became angry unnecessarily
Spoke unkindly to others
Told harmful truths about others without serious reason
Uncharitable in thought, word, deed
Envied another's abilities and talents
Was bitter and resentful
Remained angry
Was vindictive
Wilfully angered others
Failed to keep secrets
Argued needlessly with others
Confronted and judged others
Wilfully delayed forgiving
Felt hatred
Was late for Mass without serious reason
Left Mass early without serious reason
Was irreverent in church
Did unnecessary work on Sunday
Used the Lord's name carelessly
Cursed thoughtlessly
Used foul language
Told harmful lies about others
Worldly desires, attachments, greed

NON-MORTAL SINS
(continued)

Failed to support the Church
Watched excessive TV
Ate too much
Was selfish
Was slothful, lazy
Had doubt, anxiety, worries and fear
Drank too much
Forgetfulness
Failed to fulfil work duties
Drove car carelessly
Had sorrowful self-pity
Failed to care for own health
Dressed somewhat immodestly
Lied
Cheated
Stole or helped others to steal
Kept stolen goods and property
Gave or accepted bribes
Did not pay bills
Gambled
Rashly speculated
Deprived family of life's necessities
Physically fought with others
Had excessive self-confidence
Had excessive self-importance
Had excessive pride

ACTUAL SIN

*is any willful thought, desire, word or commission
forbidden by the law of God.*

1. **Pride..... unrestrained appreciation of our own worth.**
2. **Greed..... immoderate desire for earthly goods.**
3. **Lust..... hankering for impure pleasures.**
4. **Anger..... inordinate desire for revenge.**
5. **Gluttony... unrestrained use of food and drink.**
6. **Envy..... sorrow over another's good fortune.**
7. **Sloth..... laxity in keeping the faith and the practice of virtue,
due to the effort involved.**

THE FOUR SINS CRYING TO HEAVEN FOR VENGEANCE

1. **Willful murder including abortion.**
2. **The sin of Sodom.**
3. **Oppression of the poor.**
4. **Defrauding labourers of their wages.**

THE SIX SINS AGAINST THE HOLY SPIRIT

1. **Presumption of God's mercy.**
2. **Despair.**
3. **Impugning the known truth.**
4. **Envy at another's spiritual good.**
5. **Obstinacy in sin.**
6. **Final impenitence.**

NINE WAYS OF BEING ACCESSORY TO ANOTHER'S SIN

1. **By counsel**
2. **By command**
3. **By consent**
4. **By provocation**
5. **By praise or flattery**
6. **By concealment**
7. **By partaking**
8. **By silence**
9. **By defense of the ill done.**