

GUIDE FOR SACRAMENTAL CONFESSION

MARY'S LITTLE CHILDREN COMMUNITY

Across St. Joseph Parish, Tabunok, Talisay City 6045

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1. Pray for the guidance of the Holy Spirit;
2. Read and tick the list of the Ten Commandments;
3. Repent and promise with the help of God's grace, to renounce sin and avoid all occasions of sin.
4. Approach a priest for confession and say "Father, absolve me from my sins. It has been _____ (days, weeks, month or years) since my last confession. These are my sins ... (tell or read your sins);
5. After telling your sins, pray this **Act of Contrition**:
"O 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 I have offended You, my God, who are all good and 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. Amen."

1st COMMANDMENT: (Exodus 20:2-3) *"I am the Lord your God; you shall have no other gods before me."*

3rd COMMANDMENT: (Exodus 20:8) *"Remember to keep holy the Sabbath day."*

- _____ no Baptism (John 3:5, Gal 3:27)
- _____ no Confirmation
- _____ failure to obey God's will
- _____ failure to have special devotion for our Lady, our Guardian Angel and our patron saints (Lk 1:48)
- _____ failure to show respect to the crucifix and statues which remind us of Jesus, his angels and his saints, and which helps us to pray.
- _____ failure to practice the Virtue of Religion: **1.) Sunday Mass; 2.) Friday penance; 3.) Easter confession and communion on Resurrection; 4.) Marriage; 5.) Support of the Clergy** (Heb 13:17)
- _____ failure to adore God through the practice of Faith, Hope & Love.

Sin Against Virtue of Faith/Hope/ Charity or Love:

- _____ apostasy (2 Thes 1:8-9)
- _____ heresy (Titus 3:10-11; 2 Peter 2:1)
- _____ sacrilege and desecration against holy persons, places and objects

- _____ especially the Holy Eucharist (*Ps 4:4-6*)
- _____ denial doubt, shame culpable ignorance or confusion about what God has revealed (*1 Tim 6:20-21; 2 Tim 4: 1-4*)
- _____ despair, losing hope in God and His grace (*2 Cor 4:8*)
- _____ presumption, expecting salvation without using the means of grace, like denying Sacrament of confession to a priest but direct to God (*2 Cor 5:19*)
- _____ hatred against God, against ourselves or others, and failure to practice the Virtue of Charity
- _____ idolatry, worship of Satan, idols of power, pleasure, sex, money, people (*Mt. 4:9; Romans 1:18-31*)

VAIN OBSERVANCES

1. Related to Marriage

- _____ no marriage unless full moon
- _____ putting the comb on the glass of drinking water
- _____ the candle should not die out during the marriage rite
- _____ throwing coins and rice on the newlywed couple.

2. Related to building new houses

- _____ perform ritual in measuring the ground
- _____ burying coins, young coconut, moss under the pillar
- _____ not transferring to the new house unless full moon
- _____ throwing salt and rice throughout the house
- _____ marking animal's blood on the post and doors
- _____ bringing first the rice, salt, sugar and firewood
- _____ during house blessing, throwing coins and candies
- _____ feng shui rituals like skipping 13th floors, no doors fronting each other and position of land

3. Related to planting

- _____ observing the full moon during planting
- _____ food offering to nature spirits before harvesting
- _____ planting of sweet potatoes (camote) should be done by a male and at midnight so that the product is big

4. Related to business

- _____ observing the full moon to open a store
- _____ breaking a ripe jackfruit to open a store
- _____ repairing fish nets in front of the cemetery

- ___ first – buyer should be male to bring good luck
- ___ all forms of lucky charms

1. Vain observances to the dead

- ___ not going from a dead's house to another
- ___ not taking a shower, sweeping the floor or cutting nails
- ___ crawling under the dead's casket on the day of burial
- ___ breaking glass/plate or rosary beads during burial
- ___ food offering to souls during Halloween
- ___ before leaving on the cemetery passes on a smoked grass

2. New Year ritual

- ___ clothes with round designs
- ___ (13-13) thirteen candles and thirteen round fruits
- ___ lighting firecrackers to drive away demons
- ___ ringing of coins
- ___ jumping the stairs in 3 steps in order to grow taller

3. Observances during Good Friday

- ___ not holding a knife or sharp implements
- ___ not eating round foods which might cause goiter

➤ SUPERSTITIONS

- ___ dream and mole interpretation
- ___ paying respects or asking from nature spirits permission to urinate or walking in the dark or night (panabi)
- ___ at the table, not putting plates on top of another
- ___ turning the plates before leaving for its bad luck
- ___ not sweeping the floor at night for its bad luck
- ___ not taking showers or bath at night time
- ___ marking animal's blood on the forehead of someone celebrating birthday
- ___ All forms of good luck Bagua (Chinese octagonal mirror), fortune plants with red ribbon, fortune horse, elephant, frog with a coin in the mouth, jade or other crystals, Buddha, dragon, snake, dwarfs, wind-chimes, Chinese lanterns, chalice, pagoda, papa/mama sang, amulets or charms.

➤ QUACK-DOCTORS, WITCH-DOCTORS

- | | |
|-----------------------|---------------------------|
| ___ incantation | ___ rituals to fairies |
| ___ amulets, talisman | ___ ritual booklet |
| ___ sorcery | ___ potion, charms, spell |

- ___ blowing and spitting with incantation
- ___ oil and massage with incantation
- ___ destroying lines and writing new lines in the palm
- ___ incense done by quack – doctors or practitioners
- ___ offering blood of strangled animals
- ___ offering food to nature spirits
- ___ rituals associated with measuring the ground

➤ **FORTUNE – TELLING, DIVINATION**

- ___ Chiromancy, palmistry, palm reading
- ___ Cartomancy, tarot card reading
- ___ Astrology, zodiac, horoscope
- ___ Arithmancy, interpreting the configuration of fire
- ___ Mirror mantic (crystal balls, crystal, bodies of water)
- ___ Psychometry, predicting a person's character, fate or future by holding some articles that belong to him
- ___ Numerology, the numerical value of names & birthdays reveals a man's destiny and character (**ex. FLAMES**)
- ___ radiesthesia, rhabdomancy, dowsing, divination by rod and pendulum
- ___ Aeromancy, observing atmospheric conditions or ripples on the surface of an open water
- ___ Geomancy, dot reading
- ___ tea-cup reading
- ___ coffee ground reading
- ___ fortune telling through reading: dice, bone, sleep, lead pouring, liver & entrails reading
- ___ Tephromancy, ash reading
- ___ sun or moon (selenomancy) divination
- ___ Augury, interpreting flights of birds

➤ **SPIRITISM**

- ___ mediumship
- ___ séance
- ___ telekinesis, moving objects without physical assistance
- ___ materialization, appearance of souls and demons
- ___ levitation, when objects or people are raised up and appear to float in the air
- ___ table tilting, the levitation or shifting of a table to help determine communication with the dead and demons
- ___ bitterness

___ hatred (*Matthew 5:43*)

- _____ spirit- writing & automatic writing, form of written communication supposedly delivered from the dead either upon blank writing material or through the unconscious medium.
- _____ trumpet speaking, the use of a trumpet to transmit communication from the dead
- _____ spirit photograph, a photograph taken during a séance which when developed, reveals the faces of the dead

➤ **MAGIC**

- _____ black and white magic
- _____ mental suggestion
- _____ magnetism, occultic healing which uses magnetic forces (ex. bracelets with magnet)
- _____ magical hypnosis
- _____ mesmerism,

➤ **SATANISM**

- _____ Satanic vows & worship
- _____ blood or food-offering
- _____ human sacrifice
- _____ Satanic games (ex. **Dungeon and Dragon**)
- _____ Satanic seals, bondage, sorcery, curses
- _____ witchcraft, coven of wizards and witches
- _____ Halloween, a Druid celebration honoring Satan as lord or as god of the dead
- _____ Satanic groups & movements
- _____ Satanically inspired rock music
- _____ sexual offering or orgies

➤ **CULTS**

- _____ Hari Krisna
- _____ Unitarianism
- _____ Black Muslim
- _____ Zen Buddhism
- _____ Dios Amahan
- _____ Scientology movement
- _____ Bahai, theosophical society
- _____ Rosicrucianism, science of the mind
- _____ Christian Science Unity
- _____ Freemasonry
- _____ Rizalianism
- _____ PBMA
- _____ Mormons
- _____ Tadtad

➤ **SELF – IMPROVEMENT CULTS**

- _____ New Age Movement
- _____ Silva Mind Control
- _____ scientology
- _____ E.S.P. (Extra Sensory Perception)
- _____ T.M. (transcendental meditation)
- _____ yoga
- _____ Pranic Healing
- _____ core energy

2nd COMMANDMENT: (Exodus 20:7) "You shall not take the name of the Lord your God in vain."

- ___ failure to speak of God and Holy things with respect
- ___ failure to keep oaths and vows (1Peter 1:15-16/Psalm 116:4)
- ___ blasphemy, swearing
- ___ cursing God or His saints
- ___ perjury, false oaths
- ___ mockery of religious persons (Lamentations 4:16)

4th COMMANDMENT: (Exodus 20:2-3) "Honor your father and your mother."

- ___ failure to love, respect, obey and care for our parents,
and failure to do our duty (Col 3:20, Sir 3:3-7, 14-17)
- ___ failure in parents' duty to love their children by providing food
& clothing, home and discipline, religion & education (MT 7:9-11)
- ___ failure in family duty to love, respect, obey and care for the church
and country (Galatians 6:10; 1Peter 2:13-17)
- ___ neglect of duty to others or of our vocation (2 Tim 4:7-8)
- ___ dishonoring parents through words or deeds (Eph 6:1-3)
- ___ feeling bad against work or employer (Ephesians 6:3)
- ___ rebellion
- ___ buying or selling of votes

5th COMMANDMENT: (Exodus 20:13) "You shall not kill."

- ___ failure to respect human life and health by care and kindness
- ___ failure to love our enemies and to pray for our persecutors (Matthew 5:44)
- ___ failure to bless those who curse us (1Peter 3:9)
- ___ failure to repair the damage done to those we have injured (Lk 3:14)
- ___ cruelty to animals (Genesis 1:26-28)
- ___ murder in thought, word or deed (Matthew 5:27)
- ___ to do bodily harm to somebody (1Peter 3:13; 1 John 3:12)
- ___ suicide (1 Samuel 31:4-5)
- ___ breaking traffic rules
- ___ abortion
- ___ euthanasia
- ___ grumbling
- ___ anger, irritability (Ephesians 4:28)
- ___ Unforgiveness
- ___ offended (1 Corinthians 3:12)
- ___ self-pity
- ___ pride (Isaiah 2:17; Matthew 23:28)

_____ revenge
_____ scandal

_____ alcoholic drink addict (*Gal 5:21*)
_____ smoke addict (*Proverbs 16:27*)

6th COMMANDMENT: "You shall not commit adultery."

9th COMMANDMENT: "You shall not covet your neighbor's wife."

- _____ immodesty in words, actions and dress
- _____ failure to respect marriage by being pure in thoughts, looks, words and actions (*1 Tim 5:2; Eph 5:3, Heb 13:4*)
- _____ failure to have proper respect for ourselves and for others, for our own and the opposite sex (*1 Cor 6:19-20*)
- _____ failure to acknowledge that, "What God has joined, man must not divide" (*Mark 10:9*)
- _____ failure by married people to use their sexual powers to show love for each other and, if God so wills, to have children (*Genesis 1:27-28, 2:18*)
- _____ fornication, pre-marital sex, live-in
- _____ failure by single people to grow spiritually in manhood or womanhood by self-control and not using sexual powers (*1 Thes 4:3-5; 1 Cor 6:17-18; Col 3:5*)
- _____ failure to practice purity as expression of special love for each other (*Titus 1:15; Tobit 8:7*)
- _____ failure of consecrated virgins to keep their spiritual marriage with God (*Matthew 19:10-12*)
- _____ reading or viewing lustful materials (*Matthew 5:28*)
- _____ lustful desire (*Ephesians 5:5*)
- _____ adultery (*Matthew 19:6-9; Deuteronomy 22:22*)
- _____ divorce
- _____ polygamy, polyandry
- _____ withdrawal (*Gen 9:7*) and other contraceptives: pills, IUD, vasectomy, ligation, others (*Deuteronomy 23:2*)
- _____ incest (*Deuteronomy 27:22; Leviticus 18:6*)
- _____ sexual intercourse with prostitutes (*1 Cor 6:16-20*)
- _____ being prostitute or callboy (*Romans 1:26*)
- _____ homosexuality, lesbianism (*Deut 22:5, 1 Cor 6:9*)
- _____ masturbation, peeping tom (*Galatians 5:16-17*)
- _____ flirtation, seduction
- _____ sadist, masochist

7th COMMANDMENT: "You shall not steal."

10th COMMANDMENT: You shall not covet your neighbor's goods."

- _____ gluttony
- _____ bribery
- _____ swindling
- _____ vandalism
- _____ hold-up, looting
- _____ hoarding
- _____ vanity, material lust
- _____ not paying just debts
- _____ kidnapping / carjacking
- _____ failure to respect others' property
- _____ failure to be content ourselves about our own and others' property
(Hebrews 13:5; Philippians 4:11)
- _____ failure to abide by Jesus' teaching: "It is better to give than to receive"
(Acts 20:35)
- _____ failure to use & preserve earth's resources & public property as
stewards from God and society (Gen 2:15; Rom 13:1-6)
- _____ not paying proper wages, failure as employer to observe proper
wages and conditions (James 5:4)
- _____ loafing at work, failure as employee to do honest work
(Ephesians 6:5; Titus 3:1; 1 Peter 2:18)
- _____ stealing, kleptomania (Eph 4:28)
- _____ envy (Proverbs 14:30; Titus 3:3)
- _____ greed (Colossians 3:5; 1 Tim 6:10)
- _____ discontent (James 4:2)
- _____ usury (Deuteronomy 23:20)
- _____ gambling (Proverbs 13:11)
- _____ cheating, fraud, graft

8th COMMANDMENT: "You shall not bear false witness against your neighbor."

- _____ belittling
- _____ Insult
- _____ Failure to tell the truth
- _____ Failure to respect the reputation of others
- _____ Failure to be kind in speech
- _____ False witnessing and telling a lie (Proverbs 14:5)
- _____ Deceit, fraud (Proverbs 24:28)
- _____ rash judgment, slander, calumny (James 4:11)
- _____ backbiting, gossip, tale-bearing, violation of secrecy
- _____ speaking bad words, swearing (Ephesians 5:4)
- _____ calling bad names (Matthew 5:22)