

**SINS THAT NEED TO BE CONFESSED**

Abortion  
Adultery  
All use of illegal drugs  
Any dealing with occult, IE. Ouija boards  
Artificial Birth Control  
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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