

Healing of the Soul
Preparation for receiving the sacrament of Reconciliation
(Quotations taken from RSV Bible)

The Sacraments of Healings

CCCc 295. Why did Christ institute the sacraments of Penance and the Anointing of the Sick? CCC 1420-1421+1426

Christ, the physician of our soul and body, instituted these sacraments because the new life that he gives us in the sacraments of Christian initiation can be weakened and even lost because of sin. Therefore, Christ willed that his Church should continue his work of healing and salvation by means of these two sacraments.

CCCc 392. What is sin? CCC 1849-1851, 1871-1872

Sin is “a word, an act, or a desire contrary to the eternal Law” (Saint Augustine). It is an offense against God in disobedience to his love. It wounds human nature and injures human solidarity. Christ in his passion fully revealed the seriousness of sin and overcame it with his Mercy.

How to receive forgiveness of sins?

1. Decide not to enjoy the fruit of the sin again (Sir. 37:17-18)
2. Lead a Holy life hereafter (Jn. 5:14)
3. Forgive your enemies (Mt. 6:4- 15)
4. Make restitution (Lk. 19:1-10).
5. Do fasting Prayer (Jonah 3:4-10)
6. Give alms (Tobith 4:10-11).
7. Confess to a priest (Jn. 20:23, James 5:14-16). (applicable only for Catholics. All others may follow all other six points for receiving forgiveness of sins)- Confess always before receiving Holy Communion if there is mortal sin (CCCc 305).

10 Directions For Priests

1. When was your last sincere and integral confession?
2. Did you confess all your sins? If you have not confessed any of the sins in previous confessions, all confessions thereafter are invalid. Make all confessions valid by confessing all non-confessed sins in the beginning of the confession.
3. Have you fulfilled the penance that the priest suggested, if not, confess that also and get a new penance for the present and past.
4. Do you have any sin of non-restitution? If so, make arrangement for restitution before the confession.
5. Do you have sin of unforgiveness? If yes, forgive and then go for confession.

6. Do you offer thanksgiving prayers after hearing confession and holy mass? (CCC 1466)
7. Have absolved the accomplice?
8. Have you revealed the seal of confession (secret) any time? Any mode?
9. Have you misappropriated the mass intentions and stipend such as demanding more, accepting more and giving less to the ordinary or other priests?
10. Have you misappropriated the church fund or common money at any time?

Biblical Introduction for sacrament of confession

| | |
|--------------------|--|
| <i>Ps 32:1-5</i> | Confess all your sins to God then He forgives all sins |
| <i>Mt 3:6</i> | People confessed their sins to John the Baptist a human person |
| <i>Lk 15: 21</i> | Prodigal son confessed his sins to his father a human person / Mk 2:5 – Jesus had forgiven the sins of a paralytic |
| <i>Jn 20:23</i> | Jesus had given this authority to Apostles to forgive sins |
| <i>James 5:16</i> | Early Church practiced confession for forgiveness of sins and healing |
| <i>1Jn1:9</i> | Confess your sins then all sins will be forgiven |
| <i>Acts 5 1-10</i> | Ananias and Sapphira did not confess their sins. So they died. When they committed the sin they did not die. |
| <i>Acts 5.8</i> | Peter who was a church authority asked Sapphira to confess her sins, so that he may save her life but she did not do so. So she died. Therefore confess your sins to a church authority (priest) sincerely and save your possessions and gain eternal life and purity today itself. Sin is a wrong action that brings about spiritual death. |
| <i>Rom 5:13</i> | For until the law, sin was in the world; but sin is not charged when there is no law. |
| <i>Rom 5:14</i> | Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. |

Kind and Types of Sins:

| | |
|------------------------|--|
| 1. <i>1Jn 3:4</i> | Sins of Commission. Sin is the violation of the commandment of God. |
| 2. <i>Lk 16: 19-31</i> | Sins of omission. Rich man and Lazarus. Sins of omission are also grave sins (James 4:17) |
| 3. <i>Mt.5:48</i> | Sins of imperfections. We are not doing all things as we ought to do. Our actions are not so perfect. There are imperfections in them. |
| 4. <i>1Jn 5: 16-17</i> | There are mortal sins and venial sins. (CCC 1854- 1864). |
| <i>1Jn 5:16</i> | If you see your brother or sister committing what is not a mortal sin, you will ask, and God will give life to such a one – to those whose sin |

| | |
|----------------|---|
| | is not mortal. There is a sin that is mortal, I do not say that you should pray about that. |
| 5. 1Jn 5:17 | All unrighteousness is sin, and there is a sin not leading to death. |
| 6. Lk 19: 1-10 | There are sins of non-restitutions, which are also grave to be confessed. Zacchaeus confessed his sins of non-restitutions and then Jesus declared that his family saved. |

Teaching of the Church - Please refer CIC 959-991

Sacramental Confession is one among the seven sacraments, which forgives sins committed after baptism and always provides invisible grace through the visible sign of individual and integral confession and absolution by a valid minister. CCCc 224

Can. 916 Anyone who is conscious of grave sin may not celebrate Mass or receive the Body of the Lord without previously having been to sacramental confession, unless there is a grave reason and there is no opportunity to confess; in this case the person is to remember the obligation to make an act of perfect contrition, which includes the resolve to make confession as soon as possible.

Can. 960 Individual and integral confession and absolution constitute the sole ordinary means by which a member of the faithful who is conscious of grave sin is reconciled with God and with the Church. Physical or moral impossibility alone excuses from such one confession, in which case reconciliation may be attained by other means also.

Can. 965 Only a priest is the minister of the Sacrament of Penance. h

Can. 983 §1 The sacramental seal is inviolable. Accordingly, it is absolutely wrong for a confessor in any way to betray the penitent, for any reason whatsoever, whether by word or in any other fashion.

§2 An interpreter, if there is one, is also obliged to observe this secret, as are all others who in any way whatever have come to a knowledge of sins from a confession.

Can. 986 §1 All to whom by virtue of office the care of souls is committed, are bound to provide for the hearing of the confessions of the faithful entrusted to them, who reasonably request confession, and they are to provide these faithful with an opportunity to make individual confession on days and at times arranged to suit them.

Can. 988 §1 The faithful are bound to confess, in kind and in number, all grave sins committed after baptism, of which after careful examination of conscience they are aware, which have not yet been directly pardoned by the keys of the Church, and which have not been confessed in an individual confession.

§2 The faithful are recommended to confess also venial sins.

Can. 989 All the faithful who have reached the age of discretion are bound faithfully to confess their grave sins at least once a year.

Can. 990 No one is forbidden to confess through an interpreter, provided however that abuse and scandal are avoided, and without prejudice to the provision of can. 983 §2.

Local Ordinaries and priests, to the degree that it applies to them, have an obligation in conscience to ensure that penitents have regular and frequent scheduled opportunities for individual and integral confession of sins in all parish churches and insofar as possible in other pastoral centres. In addition, priests are called upon to be generous in making themselves available outside of those scheduled times to celebrate individual and integral confession whenever the faithful would reasonably ask for it. "Other works, for lack of time, may have to be postponed or even abandoned, but not the confessional." Ref: Prot. N. 700:00:L, Circular Letter concerning the integrity of the Sacrament of Penance.

Jorge A. Card. Medina Estévez
Prefect

+Francesco Pio Tamburrino
Archbishop Secretary

It is good to confess all our sins of violations, omissions, imperfections and non-restitutions along with venial and mortal sins.

CCC- 1466 – About the confessor

The confessor is not the master of God's forgiveness, but its servant. The minister of this sacrament should unite himself to the intention and charity of Christ. He should have a proven knowledge of Christian behavior, experience of human affairs, respect and sensitivity toward the one who has fallen; he must love the truth, be faithful to the Magisterium of the Church, and lead the penitent with patience toward healing and full maturity. He must pray and do penance for his penitent, entrusting him to the Lord's mercy.

8 Directions Only For the Lay People

1. How long ago did I receive the Sacrament of Reconciliation?
2. Did I confess all my sins sincerely at that time?
3. If not, I will confess them in this confession.
4. Did I do the penance advised by the priest?
5. If not, I will confess it in this confession and do the penance.
6. Do I repeat, knowingly or unknowingly, the sins that I have already confessed but keep repeating the sins always (Habitual Sin)? If there is any such type of sins, I should confess this also in this confession. Do not confess sins, which are already confessed.

7. People who have only civil marriage cannot go for confession
8. Only Catholics are allowed to go for confession

SELF- EXAMINATION OF CONSCIENCE THROUGH THE WORD OF GOD

“No one who conceals transgression will prosper, but one who confesses and forsakes them will obtain mercy”. (Prov 28: 13)

“If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness”. (1 John 1:9).

But Jesus answered them, "You are mistaken, not knowing the Scriptures, nor the power of God (Mt 22:29)

PRAYER

Lord have mercy. Christ have mercy.
Forgive my sins, grant me the gifts of repentance, reconciliation, faith and prayer.
Convict me of my sins, give me
Lord, the change of heart,
Deliver me from the bondage of sins
and inclination to sins.
Remove the cords of vices,
Pardon my iniquities.
Deliver me from the satanic bondages
And snares of the enemies.
Fill me with your Holy Spirit.
Thank you Jesus! Praise you Jesus!
Hallelujah! Hallelujah! AMEN

After saying each phrase given below please pray-“Pardon me Lord”

1. God! For not loving you with all my heart. (Mark 12: 30-32)
2. For being more interested in the created than in the Creator. (Rom 1:21)
3. For adoring other gods through magic and sorcery. (Levi 20:6)
4. For worshiping and recognizing the powers of nature as God (Gal 4:8)
5. For being anxious about omens and dreams which are unreal (Sirach 34: 5)
6. For running life by drawing up horoscopes and observing full moons.
7. For attributing power to magical bands. (Ezek 13 20)
8. For using the name of God without due respect. (Sirach 23: 9-12)
9. For cursing the Lord without understanding the plan of God (Jer 29: 11-14)

10. For proud speech (Sirach 32:12, Zacharia 8: 17)
11. For not giving the tithe to the Lord God (Levi 27:30)
12. For not fulfilling vows. (Prov 4:5)
13. For receiving Holy Communion without due preparation. 1 Cor 11:27-30)
14. For hardening heart with antagonism and stubbornness. (1 Sam 15:23)
15. For receiving Holy Communion with a deceitful heart. (John 13: 1-7)
16. For rejecting the divine plan and authority. (Rom 13:2)
17. For filling the mind with greed which is idolatry. (Col 3:5)
18. For doing work and making others to work on the Sabbath day. (Duet 5: 12-14).
(Divine worship is absent because of your work on Sabbath)
19. For cursing and hurting one's parents. (Levi 20: 9, Ex. 20:12)
20. For the sins of infanticide and homicide (Wisdom 12:3-5)
21. For destroying innocent children through gossip and slander. (Ex.23:7)
22. For ruining the good name of others through gossip and slander. (Sirach 28:13)
23. For abusing the tongue by gossiping. (Sirach 19:6; James 3:9)
24. For hurting others by lying and cheating.(2 Timo 3:3)
25. For defaming others. (Psalm 50:20)
26. For judging others (Matt 7:1)
27. For hurting others and destroying their peace by revealing secrets.
(Prov. 20:19)
28. For envying the blessings received by others. (Prov 14:30)
29. For being proud and deceiving oneself. (Gal 6:3)
30. For belittling others. (Luke 18:11)
31. For trusting in oneself and not on God. (Matt.26:33)
32. For not thanking God for his blessings. (Luke 17:17)
33. For self justification. (Luke 18:11-14)
34. For harboring hatred and vengeance in heart and strife at home and in society.
(Prov. 10:12)
35. For losing the kingdom of God by living according to the flesh. (Gal 5:18-21)
36. For insulting the weak, instead of tolerating them. (Rom 15 :1)
37. For harboring hatred in the heart by giving place to satan. (Eph 4:26)
38. For paying and offering sacrifice without forgiving others sincerely.(Matt 5:24)
39. For not doing the good to the need after knowing it. (James 4:17; 1 John 3:17)
40. For being ashamed to acknowledge the Lord Jesus.(Luke .12:9, 2 Tom 1:8)
41. For making our hearts sinful by evil desires. (James 1:15)
42. For creating opportunities for sin without controlling the lust of the eyes, lust of the flesh and pride of life. (1 john 2:16)
43. For being a slave of lustful thoughts through pornographic books, picture and movies.(sirach 23:5)
44. For not feeling from loose woman and adulteress. (Prov 2:16)
45. For polluting the body, which is the temple of God by the sins of masturbation, homosexuality, bestiality and adultery. (Gen 18:19; 1 Cor 6:9-19; Levi 18 :23)
46. For not giving up the company which leads to bad habits. (Sirach 11:33)
47. For destroying life by gluttony and drunkenness.(Luke 21:34, Sirach 31:20)
48. For defiling the sanctity and sacredness of marriage by extra marital sex and pre-marital sex. (Heb 13:4)

49. For weakening the mind by dissipation, drunkenness and worries of life. ((Luke 21:34)
50. For giving birth to illegitimate children through illicit love. (Wisdom 3:16)
51. For misusing the God-given sexuality. (Gen 1:27,28;38:9-10)
52. For amassing wealth by taking exorbitant interest. ((Prov 28:8)
53. For cheating by false weights and balance.(Prov 20:23)
54. For hurting the poor by black-marketing and hoarding. (Amos 8:1-5)
55. For changing the boundary-stone and encroaching upon the property of orphans. (Prov 23:10)
56. For not giving the deserving wages to laborers at the right time.(Tobit 4:14)
57. For acquitting the guilty for a bribe and depriving the innocent of their rights.(Isaiah 5:23)
58. For not helping the poor in accordance with one's ability. (Tobit 4:8)
59. For finding fault with others unreasonably. (Luke 6:37)
60. For not obeying the Commandments and Laws given by you. (Ex.20:1)
61. For persisting in sin after having received the knowledge of the truth i.e. Jesus and His teachings.(Hebrew 10:26)
62. For denying the legitimate conjugal right of the life partner (1 Cor7:3-5)
63. For not giving legitimate taxes (Rom 13:6)
64. For robbing God by not giving tithe. (Malachi 3:8-10)
65. For giving scandal to others and little children. (Matt 18:6)
66. For using immodest dress to seduce others. (Deut 22:5)
67. For not seeking glory of God while eating or drinking by not praying before and after the meals (1 Cor 10:31). (For not praying the Grace before eating).

CHAPTER II

SELF- EXAMINATION OF CONSCIENCE BASED ON THE TEN COMMANDMENTS (CCC 2052- 2557).

1. (a) "I am the Lord your God". (Ex 20:2)

1. Going for idol worship during festivals and other times, worshiping false Gods and partaking of offering to receive some supernatural blessings and favors, after knowing Jesus Christ.
2. Adoring or idolizing film stars, sport stars and political leaders.
3. Inability to believe in or worship the One True God, the Father, the son and the Holy Spirit.
4. Giving priority to wealth and work than to God.
5. Harboring a constant desire to know about the future through weekly horoscopes and palmistry. Attempting to know the future thus, whenever opportunity allows.
6. Seeking supernatural blessings through black magic, occult, Satan worship and other superstitious practices rather than from God, after knowing Jesus Christ.

1. (b) Do not create an idol for yourself (Ex 20:4)

1. Making offerings before statues to obtain favors from them.
2. Hero worship, prestige, status, wealth, possessions, craving for human appreciation, desire for fame; also pampering one's own ego, stubbornness, pride; indulging in bad habits such as gambling, drinking, illicit sexual pleasures, eating, smoking and other addictions; treating some persons more important than God such as film stars, life partner, children etc. as idols in your life.

2. Do not misuse the name of the Lord. (Ex 20:7)

1. Not fulfilling the vows made before the one true God.
2. Swearing in the name of God in arguments.
3. Cursing often in fits of anger.
4. Using the name of God without respect.
5. Blasphemy, sacrilege, apostasy, etc. are sins against the second commandment.
6. Not showing respect and devotion in religious places.
7. Misuse the persons who are dedicated for the service of God.
8. Desecrating places consecrated for worship.
9. Showing disrespect towards Bible, sacred books, statues, holy articles.
10. Not observing a proper fast which is laid out by God and legitimate authorities.

3. "Remember the Sabbath day, and keep it holy." (Ex 20:8)

1. Not participating in the Holy Eucharist on Sundays and other days of obligation.
2. Feeling shamed and reluctant to partake in the Holy Communion.
3. Participating in the Holy Mass and partaking in the Holy Communion willfully in an unworthy manner.
4. Under taking profit-making operations on Sundays and other days of obligation and making others do such work on those days. (Divine worship is absent because of your work on Sabbath).
5. Spending the Lord's Day idly and aimlessly for leisure and luxury.

4. "Honor your Father and Mother." (Ex 20:12)

1. Contemptuous feeling for uneducated and ignorant parents.
2. Behaving resentfully towards parents, because they did not show love during one's childhood.
3. Disregarding aged parents by giving the excuse of being too busy.
4. Having hatred and lack of interest towards parents and teachers, when they advise or scold.
5. Keeping away parents and the elders fearing that they might hinder one's freedom.
6. Ill treating parents after receiving their wealth and possessions.

5. “You shall not murder.” (Ex 20:13)

1. Substance abuse such as alcoholism and drug addiction.
2. Hurting others whom you do not like, by sharp unkind words.
3. Harboring hatred.
4. Character assassination of others by gossip and false statement.
5. Cursing others in one’s mind often with an unforgiving heart.
6. Prompting and encouraging abortion.
7. Homicide, attempt to suicide, holocaust and genocide.

6. “You shall not commit adultery.” (Ex 20:14)

1. Masturbating often by considering it an action better than adultery.
2. Buying, keeping, enjoying and distributing pornographic films, pictures and books.
3. Sexual abuse of children.
4. Prompting and encouraging others towards sexual immorality.
5. Looking at others with sexual desire and committing adultery in mind.
6. Misuse of the modern media, such as television, Internet, telephone.
7. Use of unnatural or artificial means of birth control such as condoms, pills, surgery etc.
8. All sexual enjoyments other than with the legitimate life partner is the violation of the 6th commandment.

7. “You shall not steal.” (Ex 20:15)

1. Charging an exorbitant interest and profits.
2. Giving or receiving bribe to obtain or grant unmerited favors.
3. Traveling in buses or trains without ticket.
4. Manipulating in weights and measures. Increasing prices according to the circumstances.
5. Adulteration of goods sold.
6. Not paying due taxes.
7. Unauthorized copying (plagiarism) of CDs, scientific inventions, research works and books for fame or commercial purposes.

8. “You Shall not bear false witness.” (Ex 20:16)

1. Bearing a false witness in court for financial gain, harassing others, and taking revenge upon opponents.
2. Disrupting marriages by false statements.
3. Gaining favors through flattery.
4. Extorting money by threatening to reveal personal secrets.

5. Dismissing laborers by wrongfully accusing them.

9. “You shall not covet the life partner of others.” (Ex 20:17)

1. Desire for sexual pleasures others than from one’s own legitimate life partner.
2. Misusing someone else’s future life partner.
3. Misusing other person’s sexuality by false promises and hopes.
4. Keeping unholy relationship with someone else’s life partner.

10. “You shall not covet the property of others.” (Ex 20:17)

1. Keeping unjust wealth.
2. Grabbing the property of others by manipulating the documents or creating false documents.
3. Destroying other’s property and public property.
4. Handling other’s property with irresponsibility.
5. Not repaying the loans and debts in time.
6. Not returning the lost and found articles.
7. Not keeping the law of restitution.

“Have you sinned, my child? Do so no more, but ask forgiveness of your past sins.” (Sirach 21:1) “My child, do not forget my teaching, but let your heart keep my Commandments; for length of days and years of life and abundant welfare they will give you.” (Prov. 3:1-2)

CHAPTER III

SELF- EXAMINATION FOR THE MINISTERS OF THE WORD OF GOD

1. Do I see Jesus in all people coming to me?
2. Do I have the response of Jesus, in all situations and relationships? Am I another Christ?
3. Am I faithful in my ministry?
4. Have I made an effort to improve my ministry? Have I succeeded?
5. Do I practice what I preach? (Rom.2:21-24)
6. Do I reveal the secrets of others who I know through my ministry?
7. Do you seek any personal profit or benefit out of the ministry?
8. Do I appreciate my fellow ministers and co- workers?
9. Have I belittled another ministry or minister?
10. Have I shown disrespect towards the sacraments and the sacramental? Do I give due respect to holy articles and religious places? Do I handle the Bible with awe and respect? Do I keep clean and tidy the holy places and articles?

11. Do I cause scandal to anybody by negative criticism, slander, gossip, temper and jealousy over other ministers and disobedience to the Word of God and legal superiors? Do I cause scandal to anybody by word or deed (Mt. 18:6)
12. Will I get eternal reward by doing this ministry?
13. Do I have bitterness? "For I see that you are in the gall of bitterness and the chains of wickedness. You will not have any share in this ministry." (Acts 8: 21-23)
14. Am I harboring hatred? See to it that no one fails to obtain the grace of God for through hatred many have been defiled. (Hebrews 12:15)
15. Am I jealous? When Saul was jealous of David, the Holy Spirit departed from him and he was possessed with an evil spirit that God sent. (1 Samuel 18:10)
16. Do I have illegitimate relationship with others? The book of judges has given an example through the story of Samson. Samson had a love affair with a Philistine girl, Delilah. This made him lose his hair, his life, his eyes and his charisms.
17. Do I consume alcohol? "Do not get drunk with wine, for that is debauchery, but be filled with the Holy Spirit." (Ephesians 5:18) Both cannot work together. Good and Evil never co-exist.
18. Do I have unforgiveness? If keep unforgiveness in my heart my prayer will be denied or delayed. (Mk 11: 24-25)
19. Do I gossip? The intentions of one's mind and heart are known only to God and to a limited extent to the archangels. By one's slander or gossip, the evil spirit will conveniently take a hold of you by your spoken words, by which your intentions are known.
20. Do I destroy the good name of a fellow minister? (Judging others) "Therefore you have no excuse, whoever you are, when you judge others; for in passing judgment on another you condemn yourself, because you, the judge, are doing the very same things. You say, 'We know that God's judgment on those who do such things is in accordance with truth.' Do you imagine, whoever you are, that when you judge the those who do such things and yet do them yourself, you will escape the judgment of God?" (Romans 2:1-3)
21. Do I participate or extend any help for Satanic worship, resorting to black magic, witchcraft, idolatry, etc., for receiving supernatural blessings? Love for money and comfort is idolatry. (Col 3:5)
22. Do I have any sins against the Holy Spirit?
 - a. Depression or hopelessness: - Whatever I do, I will not get god's blessing in my life.
 - b. False presumption: - trying to go to heaven without doing good works is false presumption.
 - c. Rejection of the truth: - Truth is known but not always acknowledged. Jesus and His words are the truth.
 - d. Jealousy: - Am I jealous of anyone? Do I think that I am deprived of my benefits and progress, because someone has it?
 - e. Lack of Repentance: - All the above-mentioned amount to lack of repentance and is a sin against the Holy Spirit. If one repents even at the last moment, he will be forgiven. If there is no repentance, the soul will not be saved.

- f. Choking the Holy Spirit and grieving Him by refusing to acknowledge and co-operate with Him. (Eph. 4:30-32)
 - g. Right to commit sin: - some people think that they have right to commit sin and remain in sin. This is also a sin against the Holy Spirit.
 - h. Are you stubborn against the Holy Spirit? (Acts. 7:51)
23. Am I intolerant? St. Paul says to the Corinthians: "Tolerate one another and settle all issues before going to court". (1Cor 6:1-8)
24. Do I need to be healed of my inner wounds and unloved experiences? If one still nurses wounded feelings and unloved experiences, it will affect his charisms.
25. Do I persist in sin? All violations take away one's charisms. "For the wages of sin is death, but the free gift of God is eternal life..." (Romans 6:23) Charisms will die out and one becomes ineffective, if he persists in sin.
26. How do I handle the wounds of the people of God? If one handles the wounds of people irresponsibly, one's ministry will be destroyed and overthrown. "Therefore I will give their wives to others and their fields to conquerors, because from the least to the greatest everyone is greedy for unjust gain; from prophet to priest everyone deals falsely. They have treated the wound of my people carelessly, saying, 'Peace, peace,' When there is no peace. They acted shamefully, they committed abomination; yet they were not at all ashamed, they did not know how to blush. Therefore they shall fall among those who fall; at the time when I punish them, they shall be overthrown, says the Lord." (Jeremiah 8:10-12)
27. Am I ready to give up my sins and my sin and continue the ministry with tenfold zeal? If one falls from grace and does not return with tenfold zeal he will be destroyed by sickness and calamities. If he returns, he will be blessed. "For just as you were disposed to go astray from God... Return with tenfold zeal to seek him. For the one who brought these calamities upon you will bring you everlasting joy with your salvation." (Baruch 4:28-29)
28. "The word of the Lord came to me: Mortal, prophesy against the shepherds of Israel: prophesy, and say to them- to the shepherds: Thus says the Lord God: Ah, you shepherds of Israel who have been feeding yourselves! Should not shepherds feed the sheep? You eat the fat, you clothe yourselves with the wool, you slaughter the fatlings; but you do not feed the sheep. You have not strengthened the weak, you have not healed the sick, you have not bound up the injured, brought back the strayed, you have not sought the lost, but with force and harshness you have ruled them. So they were scattered, because there was no shepherds; and scattered they became food for all the wild animals. My sheep were scattered, they wandered over all the mountains and on every high hill; my sheep were scattered over all the face of the earth, with no one to search or seek for them. Therefore, you shepherd, hear the word of the Lord: as I live, says the Lord God, because my sheep have become food for all the wild animals since there was no Shepherd; and because my shepherds have not searched for my sheep, but the shepherds have fed themselves, and have not fed my sheep, therefore, you shepherds, hear the word of the lord: Thus says the Lord God, I am against the shepherds and I will demand my

sheep at their hand, and put a stop to their feeding the sheep; no longer shall the shepherds feed themselves, I will rescue my sheep from their mouths, so that they may not be food for them” (Ezekiel 34:1-10).

29. Am I upright and hold in my behavior? A minister must lead a holy life. “For a bishop, as God’s steward, must be blameless; he must not be arrogant or quick-tempered or addicted to wine or violent or greedy for gain; but he must be hospitable, a lover of goodness, prudent, upright, devout, and self-controlled. He must have a firm grasp of the word that is trustworthy in accordance with sound doctrine and to refute those who contradict it.” (Titus 1:7-9)

30. Do I insist on spiritual discipline? A minister should insist on spiritual discipline for others. “The saying is sure. I desire that you insist on these things, so that those who have come to believe in God may be careful to devote themselves to good works; these things are excellent and profitable to everyone.” (Titus 3:8)

31. Do I intercede for my people daily? Intercession brings prosperity in one’s life. Failure to intercede takes the prospective prosperity from one’s life. The Lord restored the fortunes of Job when he had prayed for his friends and gave Job twice as much as he had before (Job 42:10). Intercession is the main duty of a pastor (1Tim. 2:1-3). Jesus intercedes for all (Rom 8:34 and Heb 7:25).

32. Am I disobeying the message of God? A minister who understands the Will of God, but purposefully does otherwise, will face destruction. A minister who commits sin and does not rectify the action will be thrown off board as Jonah was. (Jonah 1:4-13)

33. Am I angry with God? A minister has no right to angry with God. “When the sun rose, God prepared a sultry east wind, and the sun beat down on the head of Jonah so that he was faint and asked that he might die. He said, ‘It is better for me to die than to live’. But God said to Jonah, ‘Yes, angry enough to die’. Then the Lord said, ‘You are concerned about the bush, for which you did labor and which you did not grow; it came into being in a night and perished in a night’.” (Jonah 4:8-10)

34. Do I make unjust compromise? A minister should not sacrifice any moral values. The moment he sacrifices his moral values for monetary or material again he will be punished and his ministry will be fruitless for long years. For example, Abraham compromised on his wife Sarah to Pharaoh and Sarah was barren until the age of ninety. (Genesis 12:10)

35. Am I always depending on my own wisdom and scientific knowledge in my ministry? Work of Salvation carried out by human prudence and wisdom takes a minister away from the Ministry for a long period of time. For example, Moses knew the Will of God about his work and mission among the Israelites. He used

human wisdom and killed the Egyptian to save a Jew. He used human knowledge and prudence to reconcile the fighting Hebrews. This *modus operandi* took him away from his ministry to wilderness for forty years. (Ex 2:11-35)

36. Do I have any interest to find out lost sheep? Am I a good shepherd like Jesus Christ? (Luke 15:1-7)
37. Do you love Jesus Christ more than others do? Jesus Christ asked this question to St. Peter. St. Peter answered 'Yes I do'. Then Jesus said to him, 'Take care of my sheep' (Jn. 21:15-17). The progress of the ministry of a pastor depends upon the love that he has towards the Lord and the love towards the sheep whom Jesus loves most.
38. How holy is my life? Minister should lead a saintly life throughout his ministry from now on wards, as a penance for all his failures and weakness in his priestly ministry.

39. Priestly Ministry

Jer 3:15 – I will give you priests after my own heart. They will feed the people by knowledge and wisdom.

Mal 2:7 – Priests must keep wisdom in their mouths. They are the messengers of God.

40. Duties of the Priest

Vat II. Priestly Ministry 4.

The people of God are joined together primarily by the word of the living God,. And rightfully they expect this from their priests. Since no one can be saved who does not first believe, priests, as co-workers with their bishops, have the primary duty of proclaiming the Gospel of God to all. In this way they fulfill the command of the Lord: "Go therefore into the whole world and preach the Gospel to every creature" (Mk 16:15), (5) and they establish and build up the People of God. Through the saving word, the spark of faith is lit in the hearts of unbelievers, and fed in the hearts of the faithful. This is the way that the congregation of faithful is started and grows, just as the Apostle describes: "Faith comes from hearing and hearing through the word of Christ." (Rom 10:17).

Vat II. Priestly Ministry 9.

Though priests of the New Testament, in virtue of the sacrament of Orders, exercise the most outstanding and necessary office of father and teacher among and for the People of God, they are nevertheless, together with all Christ's faithful, disciples of the Lord, made sharers in the Kingdom by the grace of God's call. (50) For priests are brothers among brothers (51) with all those who have been reborn at the baptismal font. They are all members of one and the same Body of Christ, the building up of which is required of everyone. (52) Priests,

therefore, must take the lead in seeking the things of Jesus Christ, not the things that are their own.

(53) They must work together with the lay faithful, and conduct themselves in their midst after the example of their Master, who among men “came not to be ministered unto, but to minister, and to give his life as ransom for many” (Mt 20:28). Priests must sincerely acknowledge and promote the dignity of the laity and the part proper to them in the mission of the Church. And they should hold in high honour that just freedom which is due to everyone in the earthly city. They must willingly listen to the laity, consider their wants in a fraternal spirit, recognize their experience and competence in the different areas of human activity, so that together with them they will be able to recognize the signs of the times.

While trying the spirits to see if they be of God, (54) priests should uncover with a sense of faith, acknowledge with joy and foster with diligence the various humble and exalted charisms of the laity. Among the other gifts of God, which are found in abundance among the laity, those are worthy of special mention by which not a few of the laity are attracted to a higher spiritual life. Likewise, they should confidently entrust to the laity duties in the service of the Church, allowing them freedom and room for action; in fact, they should invite them on suitable occasions to undertake works on their own initiative.

(55) Finally priests have been placed in the midst of the laity to lead them to the unity of charity, “loving one another with fraternal love, eager to give one another precedence.” (Rom 12:10) It is their task, one need feel himself a stranger in the community of the faithful. They are defenders of the common good, with which they are charged in the name of the bishop. At the same time, they are strenuous assertors of the truth, lest the faithful be carried about by every word of doctrine.

(56) They are united by a special solicitude with those who have fallen away from the use of the Sacraments, or perhaps even from the faith. Indeed, as good shepherds, they should not cease from going out to them. Mindful of the precepts on ecumenism, (57) let them not forget their brothers who do not enjoy full ecclesiastical communion with them. Finally, they have entrusted to them all those who do not recognize Christ as their Saviour. They Christian faithful, for their part, should realize their obligations to their priests, and with filial love they should follow them as their pastors and fathers. In like manner, sharing their cares, they should help their priests by prayer and work insofar as possible so that their priests might more readily overcome difficulties and be able to fulfill their duties more fruitfully.

CIC – TITLE II : THE LITURGY OF THE HOURS

Canon 1173: In fulfillment of the priestly office of Christ, the Church celebrates the liturgy of the hours, wherein it listens to God speaking to His people and recalls the mystery of salvation. In this way, the Church praises God without

ceasing, in song and prayer, and it intercedes with Him for salvation of the whole world.

Canon 1174 § 1: Clerics are obliged to recite the liturgy of the hours, in accordance with Canon 276, §2, n.3; members of institutes of consecrated life and of societies of apostolic life are obliged in accordance with their constitutions.

§ 2 Others also of Christ's faithful are earnestly invited, according to circumstances, to take part in the liturgy of the hours as an action of the Church.

Canon 1175: In carrying out the liturgy of the hours, each particular hour is, as far as possible, to be recited at the time assigned to it.

Main points

- Catholic family spirit – Family prayer – Canonical prayers
- Fidelity – to magisterium and Bible
- Spirit of dialogue
- Spirit of forgiveness
- Spirit of evangelization for the benefit of others

Foster Brotherly love among the Priests (CIC 275,1)

Since all clerics are working for the same purpose, namely the building up of the Church, they are to be united with one another in the bond of brotherhood and prayer. They also to seek to co-operate with one another, in accordance with the provisions of particular law.

CHAPTER IV

CARDINAL SINS - (CCC 1866)

1. Pride

“All who are arrogant are an abomination to the Lord; be assured, they will not go unpunished”. (Prove 16:5)

The proud man does not give the first place and glory to God. His mind and concentration will be on his own ability and achievements. He turns to himself and gradually forgets God, his Creator; Pride removes one away from God. “He must not be a recent convert, or he may be puffed up with conceit and fall into the condemnation of the devil”. (1 Tim 3:6)

“God opposes the proud, but give grace to the humble”. (James 4:6)

2. Greed

The Word of God warns us that greed deteriorates into idolatry “Runaway from greed which is idolatry”. (Col 3:5)

As for those who in the present age are rich, command them not to be haughty, or to set their hopes on the uncertainty of riches but rather on God who richly provides us with everything for our enjoyment". (1Tim 6:17)

Lord Jesus Christ says:

"Take care! Be on your guard against all kinds of greed; for one's life does not consist in the abundance of possessions." (Luke 12:15)

"So give for alms those things that are within; and see, everything will be clean for you." (Luke 11:41)

3. Envy

"Jealousy and anger shorten life, and anxiety brings on premature old age". (Sirach 30 : 24)

Rust in iron, parasitic plants in trees and envy and anger in mind all act alike. Anger and jealousy are parasites that slowly eat away the peace of mind.

"But passion makes the bones rot". (Proverbs 14:30)

4. Laziness

Proverbs 15:19 - Says about laziness

"One who is slack in work is close kin to a vandal." (Prov 18:9)

Time is a great gift of God. We must utilize time for Godly affairs and the good of mankind. An idle mind is devil's workshop.

Lazy people will become prey to lustful thoughts easily. Satan exploits this situation. St. Paul strictly urges us "to admonish the idlers." (1 Thess 5:14)

St. Paul advises those living in idleness, but are busy bodies "to do their work quietly and to earn their own living." (2 Thess 3:11-13).

The Word of God says:

"Anyone unwilling to work should not eat." (2 Thess 3:10)

"And poverty will come upon you like a robber, and want, like an armed warrior." (Prov 24:33-34)

Parents should discourage the students from watching television when they ought to study. It does not mean that physical and mental enjoyments are not needed. Idleness will lead to various sins.

"The idler is like a filthy stone, and everyone hisses at his disgrace. The idler is like the filth of dunghills." (Sirach 22:1-2)

Opportunities will not wait for anyone. If the students spend their time in recreation and entertainment when they ought to study, they may have to feel sorry for the good old days that are lost. It is rarely that an idler achieves success in life.

5. Anger

There is no justification for irrational anger. Anger may lead one to sin. That is why St. Paul says, "Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil." (Eph 4:26-27)

We read in the Book of Sirach: "Anger and wrath, these also are abominations, yet a sinner holds on to them." (Sirach 27:30)

Proverbs say:

"Whoever is slow to anger has great understanding but the one who has a hasty temper exalts folly." (Prov 15:18)

"But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, 'You fool,' you will be liable to the hell of fire." (Matt 5:22)

6. Lust

CCCc 491. In what way is everyone called to live chastity?

CCC 2348-2350

CCC 2394

As followers of Christ, the model of all chastity, all the baptised are called to live chastely in keeping with their particular status of life. Some profess virginity or consecrated celibacy, which enables them to give themselves to God alone with an undivided heart in a remarkable manner. Others if they are married live in conjugal chastity or if unmarried practice chastity in continence.

CCCc 492. What are the principal sins against chastity?

CCC 2351-2359

CCC 2396

Grave sins against chastity differ according to their object: adultery, masturbation, fornication, pornography, prostitution, rape, and homosexual acts. These sins are expressions of the vice of lust. These kinds of acts committed against the physical and moral integrity of minors become even more grave.

St. Paul teaches us: "Let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ and make no provision for the flesh, to gratify its desires". (Rom 13:13-14)

Sirach teaches:

“Hot passion that blazes like a fire will not be quenched until it burns itself out; one who commits fornication with his near of kin will never cease until the fire burns him up”. (Sirach 23:16)

But one will be delivered from the bondage of lust and evil desires, if he repents and prays in the name of the Lord Jesus, to be filled with the Holy Spirit.

7. Gluttony

St. Paul says:

“Of course, there is great gain in godliness combined with contentment... but if we have food and clothing, we will be content with these...” (1Tim 6:6-8)

CHAPTER V- Five Precepts of the Church

SELF-EXAMINATION FOR CATHOLICS ONLY (CCC 2041-2043)

1. You shall attend Mass on Sunday and Holy days of obligation.
2. You shall confess your sins at least once a year.
3. You shall humbly receive your Creator in Holy Communion at least during the Easter Season.
4. You shall keep the Holy Days of obligation.
5. You shall observe the prescribed days of fasting and abstinence. The faithful also have the duty of providing for the material needs of the Church, each according to his / her abilities.

FIVE ESSENTIAL ELEMENTS OF EVERY CONFESSION:

An examination of conscience, contrition, a purpose of amendment, confession and penance (Youcat 232).

CONCLUSION

GRACE OF GOD IS SUFFICIENT (2 Cor 12:9)

Without grace of God, we cannot be delivered from sin. We read in the Bible:

“But where sin increased, grace abounded all the more”, (Rom 5:20)

“There is no one who is righteous, not even one”, (Rom 3:10)

Therefore, everyone must rely upon the unlimited mercy of God. He forgives us because he is merciful and forgiving.

“It was to prove at the present time that he Himself is righteous and that he justifies the one who has faith in Jesus”. (Rom 3:26)

“The Lord is gracious and merciful” (Psalm 111:4).

Our gracious and loving God our Lord says: “For I will be merciful towards their iniquities, and I will remember their sins no more”. (Heb 8:12)

Our Lord says again:

“Come now, let us argue it out, says the Lord: though your sins are like scarlet, they shall be like snow; though they are red like crimson, they shall become like wool”. (Isaiah 1:18-20)

Let us be reconciled to the Lord our God through the sacraments, especially the sacrament of reconciliation and Holy Eucharist, with a contrite heart. Let us confess our sins and repent “And the blood of Jesus his Son cleanses us from all sin.” (1 John 1:7). Let us thus be in Christ.

“So if anyone is in Christ, there is a new creation; everything old has passed away; see everything has become new!” (2 Cor 5:17)

THINK TWICE - Parable of the rich fool - (Lk 12: 20-21).

“You fool this very night your life is being demanded of you. And the things you have prepared, whose will they be? So it is with those who store up treasures for themselves but are not rich towards God”

Procedure of the Confession

1. Short self-introduction – Status of life. (eg. Single, married religious, etc.)
2. When was the last sincere and integral Confession?
3. Have you Confessed all sins and done the Penance? If not please confess it. Confess also all unfulfilled vows made to God and get a substitute of it if you are not able to fulfill it.
4. Confess the hidden sins if any, in any previous confessions.
5. What is the habitual sin in you? Please confess it.
6. Confess all unconfessed sins.
7. Listen to the admonition of the priest and get the Penance.
8. Act of contrition (Say it quietly).
9. Absolution by the priest.
10. Then come out of the confessional and do the penance.

ACT OF CONTRITION

My God I am sorry for my sins with all my heart in choosing to do the wrong. I have failed to do good. I have sinned against you whom I should love above all things. I firmly intend with you help to do penance and sin no more and to avoid whatever leads to sin. Our Saviour Lord Jesus suffered and died for us. In His name, God have mercy.

ABSOLUTION

God, the merciful Father, by the death and resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit for the forgiveness of sins. Through the

Fr. Jose Vettiyankal, Director - Logos Retreat Centre, Bangalore

ministry of the Church, may He give you pardon and peace. And I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit.