



The Saintmaker
CATHOLIC LIFE PLANNER

—
USER'S GUIDE

My Promise to You

I have spent years and years listening to, learning about, and studying both the lives of the great saints of the Catholic Faith and, mostly prior to my conversion, the giants of personal effectiveness. My goal, from the start, has been to create a planner for faithful Catholics that was completely rooted in the traditional faith, and ALSO presented the most advanced modern tools for productivity, goal-setting, and personal effectiveness—all in one package.

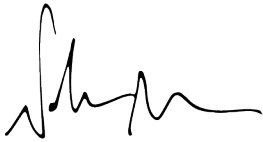
But what is MOST important to me is *The Saintmaker* is a good compliment to your faith. Any positive impact that it has on the those other factors—productivity, etc.—is completely by God's good graces.

Unfortunately, we find ourselves, as the ancient Chinese curse goes, in “interesting times”—both for the Faith and for the world at large. In response, let's remember that these are the times, as Christian wisdom goes, that make Saints.

I hope and pray that *The Saintmaker* can play even a small role in regenerating *the* Faith, *your* faith, and authentic Christian society.

I'll pray for you—please pray for me.

Deo gloria,

A handwritten signature in black ink, appearing to read 'Nathan Meffert', with a stylized, flowing script.

Nathan Meffert
Brighton, Michigan

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Saintmaker Quick Start Guide

...a brief summary of how to use your new Saintmaker.

SEASONAL ROUTINE

The *Saintmaker* starts afresh every season, with a start date in January, April, July, and October. Complete your seasonal routine at the beginning of each new cycle, or wait until the Church's traditional seasonal period of fasting and prayer called Ember Days. Either way, the seasonal routine is the backbone of your *Saintmaker* journey.

See "Seasonal Journal" in instructional pages below.

MONTHLY ROUTINE

Take time at the beginning of every month to re-establish your commitments to God, your family, and your Church and make a plan for holiness in the upcoming month.

The Monthly pages are divided into three main sections: Monthly Plan, Month Devotions, and Monthly Calendar.

See "Monthly Routine" in instructional pages below.

WEEKLY ROUTINE

Every week is a new opportunity to renew your faith, personal commitments, and to measure your progress against your personal targets and goals.

See "Weekly Routine" in instructional pages.

DAILY ROUTINE

Sometime after your morning prayers, find some quiet and some space and work on your day plan. You'll set your Daily Cross, Daily Devotions, prioritize To-Dos, plan Appointments, and more.

See "Daily Routine" in instructional pages.

TO DO...

- ✓ Annual Goals (if needed)
- ✓ Seasonal Journal
- ✓ Ideal Week
- ✓ Goal Planning

TO DO...

- ✓ End-of-Month Reflection (from last month!)
- ✓ Start-of-Month planning
- ✓ Monthly Calendar
- ✓ Virtue Tracker bookmark

TO DO...

- ✓ Week Plan (start of week)
- ✓ Weekly Examination (end of week—Saturday before Mass!)

TO DO...

- ✓ Daily Planner pages
- ✓ Night Examen (second page of Daily Planner)

IDEAL WEEK

IDEAL WEEK

"Sketch out" your ideal week. Use the form here as a "canvas", to paint a picture of what would your ideal mornings, days, and evenings look like. You're NOT going to hit the mark perfectly every day, but it's a good idea to have a general idea of what you're shooting for. This will keep you from having to plan every week in exacting detail, will provide a basic structure for your life. Start with God:

- Sunday Mass times
- Family time
- Weekly adoration
- One weekday Mass
- Morning and evening prayer routines
- Charity and almsgiving
- A mid-afternoon Bible reading

Once you've finished planning your time with the Lord, set targets for:

- Friendships
- Personal health and wellness
- Financial accountability
- Rest and relaxation
- Hobbies
- Family commitments
- Essential tasks and routines

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6							
7							
8							
9							
10							
11							
12							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

SEASONAL JOURNAL

Goal Planning Pages are your template for planning out specifically what your approach will be to meet the goals you set on the **Goal Setter** page. Go into detail, use S.M.A.R.T. goal-setting, and refer back to these pages regularly during monthly and weekly planning.

GOAL PLAN | GOAL: _____

GOAL SUMMARY

Write your S.M.A.R.T. goal.

.....

.....

.....

DOMAIN

- SPIRITUAL FAMILY VOCATION MARRIAGE PHYSICAL
 PARENTS SOCIAL HOBBIES FINANCES MINDSET

MOTIVATIONS

Write down what motivates you about this goal.

✓

✓

✓

FIRST STEPS

Write down and schedule the first few actions you'll need to take.

1 DUE: ___/___/___

2 DUE: ___/___/___

3 DUE: ___/___/___

S.W.O.T.

Make a plan for what could hinder and help your progress.

<p>STRENGTHS</p> <p>WEAKNESSES</p>	<p>OPPORTUNITIES</p> <p>THREATS</p>
---	--

YOUR REWARD

Make a plan to celebrate when you accomplish your goal.

.....

.....

.....

SUMMARY

Describe your goal in detail. Always set S.M.A.R.T. goals. That means, make them:

- **Specific:** Write clearly, include very specific outcomes
- **Measurable:** Include prices, quantities, percentages
- **Actionable:** Be specific about what needs to be done
- **Reasonable:** The goal should be achievable within your means
- **Timely:** Set a due date that is near enough to keep you energized

MOTIVATIONS AND FIRST STEPS

Your motivations will build momentum and keep you focused when the going gets tough. Your First Steps will get you going now. Commit to taking the first action as soon as possible.

S.W.O.T.

What personal strengths are in your favor? What weaknesses in yourself or your plan might stand in your way? What opportunities are available to you? What outside forces might threaten your forward progress?

Make plans to capitalize on strengths and opportunities and to mitigate weaknesses and threats.

YOUR REWARD

How will you reward yourself when you've accomplished your goal?

GOAL-TRACKING

Keep track of what phase your goal is in:

SETTING	PLANNING	WORKING	CHECKING	ACCOMPLISHED
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The Monthly Routine

...and how to unify your spiritual life to the life of the Church.

APRIL 2021

MONTH OF THE BLESSED SACRAMENT

The month of April is dedicated to the Holy Eucharist. We can never be too devoted to the Blessed Sacrament or show it too much honor—it is Jesus Himself.

INTENTION

Set an intention for the month that unifies your intentions for your Year Design to the Church's intentions for the month.

MONTHLY INTENTION

START OF MONTH

State a spiritual intention to unite yourself to the Church's

DEVOTIONS/PRAYER

Reference the month's Feasts and Devotions page to choose a few feasts that you particularly want to commemorate, and describe what you want to do. Set a date, and add those plans to your Monthly Calendar.

DEVOTIONS/PRAYER

Plan your main devotions and make a prayer plan

EVENT(S)	DATES	MONTH DEVOTIONS	PRAYER PLAN
.....	M
.....	A
.....	E

Also, create a Prayer Plan. Your prayer plan should be a daily plan. Make a plan for any prayers you wish to commit to saying in the morning (M), afternoon (A), and evening (E).

GOALS/PROJECTS

Reference your goals and Year Plan, and make a plan to make progress on at least three. If you need, you can substitute other projects and issues as they come up for progress on goals. That allows you some flexibility, if your help is needed or if something more pressing presents itself.

PROJECTS/ISSUES

Plan for main Projects/Issues

PROJECT	GOAL(S)	TO-DOS
.....
.....

MONTH KICKOFF

- Set Monthly Intention
- Plan Month Devotions
- Make a Prayer Plan
- Plan other devotions, and parish/local feasts
- Set Project/Issue goals, adjust goals as needed
- Plan personal/work month

REFLECTION

At the end of the month, return here to write a bit about what gifts and struggles you came by this month.

REFLECTION

END OF MONTH

Reflect on the blessings and God-given challenges of this month

MONTHLY ROUTINE

APRIL FEASTS AND DEVOTIONS

1ST CLASS | APRIL 1

TRIDUUM: HOLY THURSDAY

Called "Maundy Thursday", after the first word—*mandatum* ("commandment")—of the Gospel acclamation.

- ✓ Attend Mass of the Lord's Supper and spend an hour in adoration to "watch with me for one hour"
- ✓ Attend your diocese's Chrism Mass
- ✓ Attend Tenebrae services
- ✓ Cook a meal with fresh bread to commemorate the Last Supper
- ✓ Sing hymns outside after dinner to commemorate Our Lord's Agony

1ST CLASS | APRIL 2

TRIDUUM: GOOD FRIDAY

Today the whole Church mourns the death of our Savior. It is a day of sadness, spent in fasting and prayer.

- ✓ Attend Good Friday Mass
- ✓ Attend Tenebrae and/or a Passion Play
- ✓ Try Three Hours Devotion from 12 to 3pm
- ✓ Uncover the principal crucifix in the house
- ✓ Try a black fast; remove all technology
- ✓ Read John's Passion account, plus 1962 missal intercessions for Good Friday
- ✓ Perform the Stations of the Cross

FEASTS AND DEVOTIONS

The *Saintmaker* lists 2nd class, 1st class, solemnities, memorials, and other important feasts.

Additional main feast days can be found on the Monthly Calendar. Use these to plan your Month Devotions on the main planning page for the month. Holy Days of Obligation are bolded. All other devotions are *optional unless otherwise noted*.

1ST CLASS | APRIL 3

TRIDUUM: HOLY SATURDAY

The Church waits at the Lord's tomb, meditating on his suffering and death. Easter celebrations begin after the Vigil.

- ✓ Attend Easter Vigil Mass
- ✓ Decorate Easter eggs and prepare food
- ✓ Bless food: lamb or ham, buns/bread, Easter eggs, a dish of salt
- ✓ Renew family baptismal promises at home
- ✓ Uncover images and icons after Vigil
- ✓ Continue fast, prayer and burning votives
- ✓ Read "The Lord's Descent into Hell"

1ST CL./SOLEMN. | APRIL 4

EASTER SUNDAY

Easter is the feast of feasts, an unrivaled day of joy and gladness for Christians. Christians greet each other, "He is risen!"

- ✓ Attend Easter Sunday Mass
- ✓ Hold an Easter Egg hunt!
- ✓ Have an Easter feast with pussy willows, lilies, wine, white and gold adornments; bless the table with Easter Water
- ✓ Carve and light a family Paschal Candle
- ✓ Begin Regina Coeli in place of the Angelus
- ✓ Read St. Chrysostom's "Easter Sermon"

Note: The type of feast divided by a "/" indicates the 1962 feast classification on the left and the new calendar classification on the right of the "/". If a feast only occurs on one of the calendars, it will include only one type (no "/"). If a feast occurs on both calendars on different date, then both dates will be listed, also divided by a "/". The older date (1962) is always listed to the left of the "/".

APRIL 4 - 11

EASTER OCTAVE

The Easter Octave lasts through the Low/Divine Mercy Sunday with every day being a "little Easter".

- ✓ Attend daily Mass or read the propers for each day's Mass at home
- ✓ Feast daily (exercise prudence!) Rejoice and be glad, for Our Lord is risen!
- ✓ Visit the sick and homebound and share the joy of Christ
- ✓ Read from *The Liturgical Year*

DEVOTION IDEAS

- ✓ Pray a Daily Rosary
- ✓ Pray the Little Office or Divine Office
- ✓ Fast on Wednesdays and Fridays
- ✓ Pray novenas leading up to feast days
- ✓ First Friday or First Saturday devotions
- ✓ Adoration and/or daily mass
- ✓ Attend the TLM four Sundays in a row
- ✓ Consecration to Jesus, Mary, or Joseph
- ✓ Go to frequent confession
- ✓ Increase tithing or almsgiving
- ✓ Other forms of penance or mortification

OTHER DEVOTIONS

If you're still looking for ways to deepen your devotional life, you can reference this handy checklist in the monthly planning pages. It includes common ways to deepen your spiritual life outside of your **Prayer Plan**, and other devotions that you may be making for the month or year.

Note: An indulgence is granted for the performance of devotions marked with ggg chi rho (*). Two chi rho (***) indicates that the indulgence can be gained multiple times in one day.

MONTHLY ROUTINE

APRIL 2021

FEAST DAYS

Once again, we've got *both* Ordinary and Extraordinary Form calendars available here for your reference. The top row (red text) is always the older (1962) calendar. The bottom row (black text) is always the newer post-Vatican II calendar.

Bolded dates are Holy Days of Obligation, first class feasts (1962), or solemnities (post-VII). All feast days are color-coded with primary liturgical colors for that day.



















Feast day rankings are indicated by numbers or letters in brackets. Codes for feasts are as follows:

Ordinary Form

- S = Solemnity
- F = Feast
- M = Memorial
- OM = Optional Memorial
- W = Weekday
- FW = Ferial Weekday

Extraordinary Form











- I = First Class
- II = Second Class
- III = Third Class
- IV = Fourth Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 F+ PA 
			Holy Thursday (Maundy Thursday) (I)  Holy Thursday
5 ² FE 	6 ³ FE 	7 ⁴ FE 	8 ⁵ FE 
Monday in the Octave of Easter (I) Monday in the Octave of Easter (S)	Tuesday in the Octave of Easter (I) Tuesday in the Octave of Easter (S)	Wednesday in the Octave of Easter (I) Wednesday in the Octave of Easter (S)	Thursday in the Octave of Easter (I) Thursday in the Octave of Easter (S)
12 	13 	14 	15 
Feria of Paschaltide (IV)	St. Hermenegild (III)	St. Justin Martyr / St. Tiburtius, Valerian, Maximus (III)	Tax Day Feria of Paschaltide (IV)
Easter Weekday (SW)	Easter Weekday / St. Martin (OM)	Easter Weekday (W)	Easter Weekday (W)
19 	20 	21 	22 
Feria of Paschaltide (IV)	Feria of Paschaltide (IV)	St. Anselm (III)	Sts. Soter and Celsus (III)
Easter Weekday (W)	Easter Weekday (W)	Easter Weekday / St. Anselm (OM)	Easter Weekday (W)
26 	27 	28 	29 
Sts. Cletus and Marcellinus (III)	St. Peter Canisius (III)	St. Paul of the Cross (III)	St. Peter Martyr (III)
Easter Weekday (W)	Easter Weekday (W)	Easter Weekday / St. Peter Chanel / St. Louis de Montfort (OM)	St. Catherine of Siena (M)

MONTHLY ROUTINE

FRIDAY	SATURDAY	SUNDAY
2 F+ CA	3 F+ CA	4 ¹ F 12am Mass
Good Friday	Holy Saturday [I]	Easter Sunday
Good Friday [I]	Holy Saturday [I]	Easter Sunday [I]
Good Friday	Holy Saturday	Easter Sunday [S]
9 ⁶ FE	10 ⁷ FE	11 ⁸ F 12am Mass
Friday in the Octave of Easter [I]	Saturday in the Octave of Easter [I]	Low Sunday (Quasimodo Sunday) [II]
Friday in the Octave of Easter [S]	Saturday in the Octave of Easter [S]	Second Sunday of Easter / Divine Mercy Sunday
16 CA	17	18 F 12am Mass
Feria of Paschaltide [IV]	Our Lady on Saturday / St. Anicetus [IV]	Second Sunday after Easter (Good Shepherd Sunday) [II]
Easter Weekday [W]	Easter Weekday [W]	Third Sunday of Easter
23 CA	24	25 F 12am Mass
Feria of Paschaltide / St. George [IV]	St. Fidelis of Sigmaringen [III]	Third Sunday after Easter / Major Rogation [II]
Easter Weekday / St. George [OM]	Easter Weekday / St. Fidelis of Sigmaringen [OM]	Fourth Sunday of Easter
30 CA		
St. Catherine of Siena [III]		
Easter Weekday / St. Pius V [OM]		

KEY

-  Rosary tracker
-  Holy day of obligation
-  Fasting (with times)
-  Complete or partial abstinence
-  Fasting or feasting
-  Ember days
-  Rogation days
-  First Thursdays
-  First Fridays
-  First Saturdays

MORE DEVOTIONS!

We have included EVEN MORE possible devotions here for you to enjoy! Remember: *unless otherwise noted, these devotions are strictly optional.* They are purely for your reference, and for your spiritual edification if that's the route you decide to go. Amongst others, we've included:

- Daily rosary tracker
- Traditional days of fasting and abstinence
- Ember days and Rogation days
- First Thursdays, Fridays, and Saturdays
- Days well-suited to feasting!

Note: You will see these abbreviations occur at other times throughout the planner. If you see a small (superscript) number next to a date (for example, 4¹ for Easter Sunday, the superscript number refers to that date's location in an Octave (a period of eight days, during which major feasts are observed). 1962 Octaves are included.

MONTHLY ROUTINE

The **Virtue Tracker** is your daily bookmark that tracks your monthly progress on you goals for sanctification through regular efforts to grow in virtue. You'll pick a couple of virtues to work on (or a couple of sins to work on eliminating), and track daily successes and failures!

VIRTUE TRACKER

VIRTUES

After you finish setting your month, set up for you Virtue Tracker. Write the virtues that you'll be building in the spaces provided. Aim for 2-3.

YOUR TARGET

Write your target for the total number of days this month that you would like to practice the virtue. You can also draw a horizontal line on the grid to show what date you'll start working on the virtue.

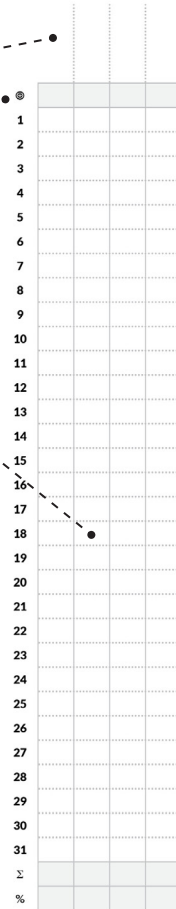
PROGRESS TRACKING

Reference the key below the tracker to learn how to track your progress:

- Enter a ✦ on your first day of tracking a virtue
- Use a ✓ when you've completed a day successfully
- Use a × to show that you've failed
- Want to skip a day? Enter a ↓
- When you're ready to stop tracking a virtue, enter ○

Then, at the end of the month, in the Σ field, write your total SUCCESSFUL days. To calculate your "score", divide your total by your original target.

Add your score for each virtue to the % field.



- ✓ Passed × Failed
- ↓ Skip day ○ End
- ✦ Start

MONTHLY ROUTINE

SINS

SPIRITUAL SINS

Pride: Excessive love of one's own excellence. Overcome by humility.

Envy: Resenting another's good fortune. Tamed by brotherly love.

Anger: Angry outbursts, desire for revenge. Overcome by meekness.

CORPORAL SINS

Sloth: Laziness, especially in spirituality. Countered by diligence.

Greed: Excessive desire for earthly goods. Countered by generosity.

Gluttony: Abuse of food or alcohol. Countered by temperance.

Lust: Using others to serve physical pleasure. Countered by chastity.

SINS

There are seven "capital" or "deadly" sins (i.e., potentially a cause of damnation), and that list is further divided into three "spiritual" sins and four "corporal" (bodily) sins. Spiritual sins are generally acknowledged as more dangerous than sins that arose only from the weakness of the body.

Note: For each capital sin, there is a specific virtue listed which "cures" or "remedies" that sin.

VIRTUES

THEOLOGICAL VIRTUES

Faith: Belief in God and in all that He has said and revealed to us.

Hope: Desire for Heaven and Eternal Life as our happiness.

Charity: Love for God above all things; love for our neighbor.

CARDINAL VIRTUES

Fortitude: Firmness in difficulties and constancy in pursuit of good.

Justice: The constant and firm will to give God and neighbor their due.

Prudence: To know good and choose correct means to achieve it.

Temperance: Moderation of pleasure; balanced use of goods.

VIRTUES

The Seven Virtues oppose the Seven Sins. In one scheme, the Seven Virtues are based on the three spiritual virtues listed by Saint Paul in 1 Corinthians 13:1-13: Faith, Hope and Charity, followed by the four Cardinal or "Pagan" virtues: Prudence, Temperance, Fortitude, and Justice. (Any person, whether he or she was a Christian or not, might possess the four Cardinal Virtues. But only a Christian will possess faith in God, hope for an afterlife, and caritas—the type of charity in which one does good deeds out of love for God alone.)



The Weekly Routine

...and how to create a faith-focused weekly plan.

FIRST WEEK OF MAY 2021

LESSONS LEARNED

What major lessons did you learn last week?

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ADJUSTMENTS

How will you change your approach this week?

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PERSONAL

What weekly targets do you need to meet to keep your personal basic commitments? Taxes, bills, etc.

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SIDE PROJECTS

Side projects can be hobbies, side businesses, creative projects, etc. How could you take it up a level?

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WORK

What will you do to keep your commitments to your employer? To provide for your family?

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SPIRITUAL

What are some of your spiritual goals this week? Use this to brainstorm for daily spiritual goals.

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LESSONS

Write down any lessons learned from the previous week, then in the Adjustments section make simple note of how you'll apply those lessons in the new week.

WEEK PLANNING

You've got four areas to plan for: Personal, Work, Side Projects, and Spiritual. That way, you can plan for basic personal tasks that need to be completed, work that needs to get done, some "side projects" to keep things interesting, and your own spiritual growth. Work on goals could fit into any of these broad categories.

You'll pull on the lists you generate here to create your daily task lists.

WEEKLY ROUTINE

WEEKLY EXAMINATION

FOLLOW JESUS Did you faithfully follow Jesus?

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.....

.....

USE OF TIME Did you make good use of your time?

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.....

.....

GOD'S WILL Did you do God's will or yours this week?

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.....

.....

CHARITY Were you charitable towards others?

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PRAYER Did you say your prayers with care?

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.....

FEAR OF GOD Did you fear God or did you fear man?

.....

.....

.....

THE FLESH Did you respect your body? Deny lust?

.....

.....

.....

THE TONGUE Did you spread scandal, or speak Truth?

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.....

TRUST IN GOD Did you trust in God?

.....

.....

.....

GRATITUDE Were you grateful to God for His gifts?

.....

.....

.....

MASS PREP CHECKLIST

- Finish all shopping, and other work by sunset
- Nice meal with family
- Review Mass readings
- Weekly Examination
- Write your Mass Intention
- Full grooming
- Lay out church outfit
- OPTIONAL: Fast starting at midnight

MASS INTENTION

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MASS REVIEW

WEEKLY EXAMINATION

The **Weekly Examination** is designed to be completed on Saturday night before attending Mass on Sunday. Whether you'll be completing an additional **Examination of Conscience** in preparation or not, the **Weekly Examination** will help you identify your broader patterns of sin and grow in virtue week to week.

MASS PLAN/REFLECTION

The Saintmaker provides three forms of prep and review for weekly Mass: (1) **Mass Prep Checklist** gives you some basic guidelines for prayerful prep for Mass the night before and the morning of, (2) write a **Mass Intention** for Mass (such as, "Learn to chant the Gloria" or "experience joy in the Mass"), and, when Mass is over, (3) in the **Mass Review** section, write your notes on what your experience of Mass was, including any insights from God.

Key Info, Commemorations & Intentions

...including personal info, ongoing prayer intentions, and more!

● KEY INFORMATION

PERSONAL INFO

NAME	PHONE 1	PHONE 2
ADDRESS	STATE	ZIP
PERSONAL EMAIL ADDRESS	TWITTER	INSTAGRAM

EMPLOYMENT

EMPLOYER	POSITION	PHONE
WORK EMAIL ADDRESS	LINKEDIN	

PERSONAL INFORMATION

Keep all personal information in one central location. This is also important information in the event that you lose your *Saintmaker* and someone wants to return it to you—so they'll know how to find you!

EDUCATION

COLLEGE/UNI.	MAJOR	DEGREE	YEARS ATTD.
COLLEGE/UNI.	MAJOR	DEGREE	YEARS ATTD.
PROF. DESIGNATIONS:			
LICENSES/REGISTRATIONS:			

SACRAMENTS RECEIVED

SACRAMENT	LOCATION	DATE
Baptism		
Confirmation		
1st Communion		
Marriage		

MEASUREMENTS

CHEST/BUST	WAIST	HIPS	THIGH
NECK	SLEEVE	INSEAM	

The Examination of Conscience

...and how to prepare for the best confession of your life.

EXAMINATION OF CONSCIENCE

Recall that this confession may be the last of your life. Pray for the grace to prepare yourself as if you were lying sick upon your deathbed, on the edge of the grave.

PRAYERS

Wherever you see these gray boxes, you'll find a prayer to accompany the spiritual exercise presented. "Say the gray", do the black and red. In this case, you can start your examination with this wonderful

PRAYER BEFORE EXAMINATION

Most merciful God, Father in heaven, relying on Thy goodness and mercy, I come to Thee with joyful confidence to confess my sins and to implore Thy forgiveness. Thou wilt not despise a contrite and humble heart. Bless me and receive me again into Thy favor. I acknowledge that I have been most ungrateful, but I sincerely repent and detest the wrong I have done, and I desire to walk in the way of perfection in accord with Thy holy will.

O Jesus, my Savior, my good Shepherd, I have strayed far from the path that Thou hast marked out for me; I did not follow in Thy footsteps; I wandered into forbidden places. Repentant and sorrowful, I beg to be admitted into the fold of Thy faithful followers. I want to confess my sins with the same sincerity as I should wish to do at the moment of my death. My Jesus, I look to Thee with confidence for the grace to examine my conscience well.

O Holy Ghost, come; enlighten my mind and strengthen my will that I may know my sins, humbly confess, and amend my life. Holy Mother, immaculate Spouse of the Holy Ghost, refuge of sinners, intercede for me. Angels and saints of God, pray for me. Amen.

Begin by examining yourself on your last confession. Have you forgotten a sin due to a poor examination, or concealed a sin out of shame? Did you confess without true sorrow or without the intention to change your behavior? Have you repaired evils done to your neighbor? Did you say your penance without voluntary distraction? Have you neglected your confessor's counsel?

SINS

Use this space to take notes as you work through each of the examinations listed on the Examination Checklist. You can check each one off as you go, and you can tear off this sheet and take it with you into the confessional for easy reference during your confession.

EXAMINATION CHECKLIST

- Ten Commandments
- Commandments of the Church
- Seven Deadly Sins
- Four Sins which Cry to Heaven for Vengeance
- Nine Ways of Being Accessory to Another Person's Sin
- Seven Spiritual Works of Mercy
- Seven Corporal Works of Mercy

SINS AND SHORTCOMINGS

After confession, summarize any priestly direction or personal insights...

As you approach the confessional, do so with the same heartfelt recollection and reverence that you would if Christ our Lord were there Himself ready to hear your confession. **Be assured: a Catholic priest really is the representative of Christ.**

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because I love Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life. Amen.

EXAMINATION OF CONSCIENCE

TEN COMMANDMENTS

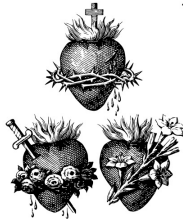
- I. I am the Lord, thy God... Thou shalt have no strange Gods before me
- II. Thou shalt not take the name of the Lord thy God in vain
- III. Remember to keep holy the Sabbath day
- IV. Honor thy father and mother
- V. Though shalt not kill
- VI. Thou shalt not commit adultery
- vii. Thou shalt not steal
- viii. Thou shalt not bear false witness against thy neighbor
- IX. Thou shalt not covet thy neighbor's wife
- X. Thou shalt not covet thy neighbor's goods

CHURCH COMMANDMENTS

1. To hear Mass on Sundays and holy days of obligation
2. To fast and abstain on the days appointed
3. To confess at least once a year
4. To receive Holy Eucharist during Easter Time (i.e. the time after Lent before Pentecost)
5. To contribute to the support of our pastors

SEVEN DEADLY SINS AND THEIR OPPOSITE VIRTUES

- | | |
|-------------------|----------------------|
| 1. Pride | Humility |
| 2. Avarice | Liberality |
| 3. Lust | Chastity |
| 4. Anger | Meekness |
| 5. Gluttony | Temperance |
| 6. Envy | Brotherly love |
| 7. Sloth | Diligence |



EXAMINATION

With practice, you'll be able to use these lists as practical reminders on your way into confession. We like to look at each one as a separate meditation on a category of sins and shortcomings. Leave yourself plenty of time, and create some space (maybe in the Church name before your confession), and you'll find this to be a very therapeutic practice.

FOUR SINS WHICH CRY TO HEAVEN

1. Willful murder
2. Non-procreative sexual acts
3. Oppression of the poor
4. Defrauding the laborer of his wages

NINE WAYS TO BE ACCESSORY TO SIN

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

These reflections were borrowed from *The New Roman Missal*, by Fr. Lasance (1945).

WORKS OF MERCY

SEVEN CORPORAL

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit and ransom the captives
5. To harbor the harborless
6. To visit the sick
7. To bury the dead

SEVEN SPIRITUAL

1. To admonish sinners
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead

