



DRAGON SLAYERS

Ever Ancient. Ever New.

EXAMINATION OF CONSCIENCE

THE 7 DEADLY DRAGONS

THE RED DRAGON OF PRIDE

Kenodox

- Have I put anything ahead of my love for God, such as games, work, people, or sports?
- Have I failed to attend Mass on Sundays or Holy Days of obligation?
- Have I failed to love God with all my heart, mind, and strength?
- Have I considered myself or my desires more important than other people?
- Have I failed to realize or fully appreciate the importance of the sacraments in my life?
- Have I been too preoccupied about what others think of me, how I look, or how successful I am?
- Have I failed to obey my parents or others who have authority over me?
- Have I failed to obey the teachings of Holy Mother Church or dismissed them as not important?

THE ORANGE DRAGON OF ENVY

Invidia

- Have I been joyful when I hear of other people's failures, sin, mistakes, or weaknesses?
- Have I been sorrowful when other people succeed or do something good, or wished for their failure?
- Have I failed to appreciate the unique gifts and talents God gave to me?
- Have I compared myself to others or valued my own worth based on what I do or have or how I look?
- Have I failed to trust in God's love and mercy and plan for my own life?
- Have I desired to possess what others have instead of being grateful for what God has given me?

THE YELLOW DRAGON OF SLOTH

Akedia

- Have I failed to spend time in prayer?
- Have I failed to spend time studying my faith and the Holy Scriptures?
- Have I mindlessly said my prayers or failed to pay attention at Mass or spoken God's name in vain?
- Have I failed to share my faith with others when the opportunity arises?
- Have I been a poor example to others or lacked a love and passion for God in my daily actions?
- Have I failed to worship God as He deserves or failed to show the proper reverence in His presence?

THE GREEN DRAGON OF GREED

Argyros

- Have I placed possessions or money ahead of God or the needs of others?
- Have I failed to share my time, talents, or treasures with the poor or people in need?
- Have I placed my hopes and desires in the things of this world instead of the things of heaven?
- Have I failed to support my parish, diocese, or local community?
- Have I gathered excessive material possessions at the expense of others?
- Have I lied, cheated, or stolen to get what I desire?

THE BLUE DRAGON OF WRATH

Charah

- Have I allowed the emotion of anger to determine how I treat other people?
- Have I used nasty or mean hearted words towards others or called them names?
- Have I desired to harm other people with my words or actions, or bullied other people?
- Have I caused hurt or pain to others physically or emotionally?
- Have I thrown tantrums or been uncharitable to my parents or siblings?
- Have I held a grudge or refused to forgive myself or others who have hurt me?
- Have I failed to stand up for those who are being made fun of or bullied?
- Have I failed to speak the truth for fear of how others might react?

THE INDIGO DRAGON OF GLUTTONY

Gula

- Have I eaten too much food or indulged in too many treats?
- Have I failed to give my body the proper nourishment or eat healthy foods?
- Have I failed to feed the hungry or help those who are less fortunate than myself?
- Have I eaten snacks or food or had drinks that I was not allowed to eat?
- Have I relied on food or drinks to make me feel better or give me comfort instead of relying on God?
- Have I indulged in an excessive desire for certain foods or allowed myself to develop bad eating habits?
- Have I failed to fast on required fasting days or failed to offer sacrifices for the salvation of others?

THE VIOLET DRAGON OF LUST

Agabah

- Have I mistreated my body or failed to take the proper care of my body to keep it healthy?
- Have I harmed my body or been ungrateful to God for the body He gave me?
- Have I failed to properly veil the sacred parts of my body or dressed in a way that was inappropriate?
- Have I failed to dress properly for the Holy Sacrifice of the Mass, the wedding feast of the Lamb?
- Have I failed to uplift other people in how they look and help them see their dignity as a child of God?
- Have I failed to see my own self worth as a son or daughter of God the Father?
- Have I failed to pray and seek discernment for God's will in my future vocation?
- Have I put my own selfish desires ahead of what is best for myself or for others?
- Have I used other people to get what I desire or allowed myself to be used by others?
- Have I failed to reflect on the crucifix and offer gratitude for the sacrifice Jesus made for me?
- Have I failed to imitate Jesus by picking up my own crosses to be His disciple?

HOW DO I GO TO CONFESSION?

1. PREPARE

- Do an Examination of Conscience.
- Pray to the Holy Spirit to help you, then plan what you will tell the priest.
- Read as a family the Parable of the Prodigal Son (Luke 15:11-32) and/or Psalm 51.

2. CONFESS

- You can usually choose the option of face to face or behind the screen. The priest welcomes you. Make the sign of the Cross.
- You may say, "Bless me, Father for I have sinned." Give an approximate time since your last confession. Tell your sins simply & plainly.
- Listen to the priest's advice and remember the penance he gives you. Say an act of contrition (Examples below). The priest absolves you.
- Do your penance right away if you can.
- Thank God for his mercy and love for you.

3. CELEBRATE

- As a family, burn your sins if written down to remember they are gone!
- Enjoy a steak or hamburger (Kill the fattened calf!) or another treat!

ACT OF CONTRITION

VERSION 1

Oh my God, I am heartily sorry for having offended thee. I detest all my sins because of thy just punishment, but most of all because I offend thee my God, who is all good and deserving of all my love. I firmly resolve, with the help of thy Grace, to sin no more, and avoid the near occasions of sin. Amen.

VERSION 2

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