

INSTRUCTIONS - HOW TO PREPARE FOR YOUR LIFE REVIEW DURING THE GREAT WARNING (ILLUMINATION OF CONSCIENCE)

Sources: <https://MaryRefugeOfSouls.com>
<https://Handbook.faith>

HOW TO OBTAIN SALVATION IN GOD

What is Sin?

Sin is described in the Holy Bible as *transgression* of the law of God and *rebellion against* God. The Divine Law consists of the Ten Commandments. The Ten Commandments are embodied in *Holy Love* – to love God above all else – and to love your neighbor as yourself.

How do I reconcile with God?

First, you need to accept that you are a sinner in need of God's Mercy. This means that you have broken God's Divine Law by not being fully loving and charitable towards God and neighbor in every present moment of your life.

Secondly, you need to ask for God's forgiveness for all sins committed in life. See the *Ten Commandments* as a reference to guide you in understanding the ways that you may have offended God and hurt your neighbor by sin. You would ask for forgiveness by either seeking the Sacrament of Baptism or Confession with a priest in Holy Mother Church (Catholic or Orthodox) or by confessing directly to God your sins and asking for His pardon for what you have done and failed to do in life.

Jesus Christ is the divine mediator and divine advocate between God and mankind. He lived 2,000 years ago in ancient Israel. Jesus is both the Son of God and God. He suffered a horrible death by Crucifixion, because He preached the Gospel ("Good News") that God the Father would forgive sins of believers in Him and His new Way of Teachings based on Sacred Scriptures. By His life, Jesus perfectly fulfilled the Divine Law (Ten Commandments). By His suffering and death, Jesus reopened the Gates of Heaven to believers in Christianity, because He showed that He had conquered over all the sins of mankind and eternal death by His Resurrection from the grave. Jesus suffered the penalty of the wages of all the sins of mankind, so that any believer and follower in Him would not

have to suffer hell upon dying. Therefore, Jesus is the perfect intercessor for all the needs of believers in Him. It is only by calling upon His Holy Name and His Most Precious Blood that people may have salvation in God and enter Heaven.

DIVINE PROMISE

Our Lord Jesus Christ has reassured me “a soul” that any person who reconciles himself with JESUS will be directly healed by God from the trauma of witnessing hell or deep purgatory during the Great Warning (Illumination of Conscience). In order to reconcile oneself with God, a person either needs the Sacrament of Baptism or Confession, or needs to recite the 7-Day Plenary Indulgence Prayer for Absolution in the aftermath of the Great Warning. Thereafter a person needs to remain obedient to the Ten Commandments and strive for deeper holiness as a faithful Christian.

PRAYER FOR IMMEDIATE CLEMENCY

The following prayer should be said to Almighty God for immediate clemency of the danger of falling into hell (loosing one's salvation). It should be said as soon as possible once the Great Warning (Illumination of Conscience) has passed during the period of time that a person is waiting for Sacramental Confession, Holy Baptism, or the healing effects of the 7-Day Plenary Indulgence Prayer for Absolution. There are special graces associated with this clemency prayer that will help the person cope with the shock of being shown hell or deep purgatory during his life review.

"Dearest Jesus, I ask Your pardon for all my sins and for the hurt and injury I have caused to others. I humbly pray for the graces to avoid offending You again and to offer penance according to Your Most Holy Will. I plead for the forgiveness of any future offence which I may partake in and which will cause You pain and suffering. Take me with You into the New Era of Peace so that I may become part of Your family for eternity. I love You, Jesus. I need You. I honour You and everything You stand for. Help me, Jesus, so that I may be worthy to enter Your Kingdom. AMEN"

OUTLINE: UNDERSTANDING SALVATION IN GOD

I. Apart from Jesus Christ we are helpless and sinful.

- A. We are all sinners due to not obeying perfectly the law of God.
- B. We are in spiritual bondage to the devil who controls this fallen world.
- C. We are alienated from God.
- D. Knowledge of sin comes by the law of God.
- E. The law of God is the Ten Commandments found in the Holy Bible.
- F. God, in His justice, punishes sinners.
- G. We cannot save ourselves in any way.

II. Jesus Christ saves us by grace and through faith.

- A. Jesus who is the Son of God and God, became a Man to save mankind from sin.
- B. Jesus suffered and died for sinners.
- C. By His suffering and death, Jesus paid the full penalty for each sinner so he may gain Heaven and not hell for eternity.
- D. The Resurrection of Jesus shows that God has power over death and to forgive us from sin.
- E. Salvation in God is a choice for each person to decide in his life.
- F. Salvation is made possible by accepting Jesus and obeying the law of God according to Jesus.
- G. This is the Gospel (“Good News”) of Jesus Christ.

III. God calls sinners like you and me to follow the Gospel.

IV. We are saved to joyfully obey and serve God in this earthly life and to gain Heaven in the afterlife.

V. Belonging to the Catholic Church founded by Jesus Christ is the ordinary means for people seeking salvation in God and growing closer in friendship with God by following its teachings.

PREPARATION FOR SACRAMENTAL CONFESSION

It is recommend that adults review their sins using the examination of conscience herein meant for adults, as well as the examination of conscience meant for teenagers, especially for the Life Review during the Great Warning (Illumination of Conscience). It can be used during the Harbinger Week (7 Days and 7 Nights the Cross is in the sky) and in the aftermath for a General Life Confession. Both examinations of conscience can be used in preparation for Sacramental Confession with a Catholic or Orthodox priest, or in conjunction with the 7-Day Crusade Prayer # 24: Plenary Indulgence for Absolution given by Our Lord Jesus Christ to 7th Messenger, Maria Divine Mercy (Book of Truth). *God bless.*

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PRAYER FOR CONFESSION OF SINS (FOR SACRAMENTAL CONFESSION WITH CATHOLIC OR ORTHODOX PRIEST)

NOTE (By a soul):

Please use this prayer for forgiveness of sins in conjunction with the examinations of conscience (adult and teenager). *God bless.*

IN THE AFTERMATH OF THE GREAT WARNING (ILLUMINATION OF CONSCIENCE), YOU MAY PRAY EITHER CRUSADE PRAYER # 8 OR THE TRADITIONAL ACT OF CONTRITION DURING SACRAMENTAL CONFESSION. OUR LORD JESUS CHRIST PREFERS THE CRUSADE PRAYER # 8 TO BE USED.

FROM THE BOOK OF TRUTH
(MARIA DIVINE MERCY)
Crusade Prayer # 8: The Confession
Tuesday, November 22nd, 2011 @ 20:30

I, JESUS, your King and Saviour, now present My prayer for Confession. This prayer should be said to plead for clemency for the forgiveness of sin during and after The Warning.

"Dearest Jesus, I ask Your pardon for all my sins and for the hurt and injury I have caused to others. I humbly pray for the graces to avoid offending You again and to offer penance according to Your Most Holy Will. I plead for the forgiveness of any future offence which I may partake in and which will cause You pain and suffering. Take me with You into the New Era of Peace so that I may become part of Your family for eternity. I love You, Jesus. I need You. I honour You and everything You stand for. Help me, Jesus, so that I may be worthy to enter Your Kingdom. AMEN"

TRADITIONAL CATHOLIC PRAYER
FOR CONFESSION: ACT OF CONTRITION

"O, my God, I am heartily sorry for having offended you. I detest all my sins because of your just punishment, but most of all because they offend you, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. AMEN"

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**PRAYER FOR CONFESSION OF SINS: 7-DAY ABSOLUTION PLENARY
INDULGENCE PRAYER (FOR THOSE UNABLE TO CONFESS WITH
CATHOLIC OR ORTHODOX PRIEST)**

NOTE (By a soul):

Please use this prayer for forgiveness of sins in conjunction with the examination of consciences (adult and teenager). This prayer **MUST** be said for seven (7) consecutive days in order to receive absolution (forgiveness) of sins by Almighty God. This prayer is to be used for forgiveness of sins by those who are unable to receive Sacramental Confession from a Catholic or Orthodox priest. *God bless.*

FROM THE BOOK OF TRUTH
(MARIA DIVINE MERCY)

Crusade Prayer # 24: Plenary Indulgence for Absolution
Tuesday, January 31st, 2012 @ 09:30 pm

Your Beloved JESUS: They must say this prayer for **seven consecutive days** and they will be given the gift of total absolution and the power of the Holy Spirit.

“O my Jesus, you are the light of the earth. You are the flame that touches all souls. Your mercy and love knows no bounds. We are not worthy of the sacrifice you made by your death on the cross, yet we know that your love for us is greater than the love we hold for you. Grant us, O Lord, the gift of humility, so that we are deserving of your new kingdom. Fill us with the Holy Spirit, so we can march forth and lead your army to proclaim the truth of your Holy Word and prepare our brothers and sisters for the glory of your Second Coming on Earth. We honor you. We praise you. We offer ourselves, our sorrows, our sufferings as a gift to you to save souls. We love you, Jesus. Have mercy on all your children wherever they may be. Amen.”

On February 9, 2012 @ 3:00 pm

JESUS CHRIST: You must show true remorse and go to confession now. If you cannot go to confession then say my Crusade Prayer for a plenary indulgence for absolution for a period of seven consecutive days.

On February 29, 2012 @ 5:30 pm

JESUS CHRIST: I request that you accept My gift of absolution for the benefit of those who cannot receive the Sacrament of Confession or for those who are not members of the Roman Catholic Church.

EXAMINATION OF CONSCIENCE FOR ADULTS

O loving and merciful God, help me to make a good confession. Let me know my sins, so that I may tell them to the priest honestly and clearly. Help me to resolve sincerely not to commit these sins again. Amen.

When confessing, be sure to specify each kind (species) of sin, the number of times committed, and any circumstances that change its nature.

Preliminary

1. Have I been making bad confessions? - By purposely holding back any mortal sin, trying to deceive the confessor? - By not avoiding the proximate occasion of mortal sin: any person, place or thing that I know leads me into sin?
2. If so, how long has this been going on? - How many bad confessions? - How many sacrilegious Communions in this state? - Other sacraments received in mortal sin: confirmation, marriage, extreme unction?
3. Have I ever neglected to perform the penance given me in confession?
4. When was my last good confession?

The Ten Commandments

1. I am the Lord thy God. Thou shalt not have strange gods before me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember thou keep holy the Lord's Day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

First Commandment

1. Does God have first place in my life? - Do I try to conform my will to His, or His will to mine? 2. Have I denied, refused to accept any teaching

of the Catholic Church? - Talked against the Catholic Church? - Made any effort to clear up doubts about the Catholic Church or its teachings? 3. Taken active part in non-Catholic services? - Believed all religions are equal? - Associated with persons dangerous to my faith? - Exposed my faith to danger by reading dangerous non-Catholic books? - Listened to non-Catholic preachers? - Been ashamed of my faith? 4. Practiced superstition, believed in fortune tellers, horoscope, spiritism? 5. Neglected prayer for a long time? Presumed on God's mercy? Despaired? 6. Desecrated church or cemetery?

Second Commandment

1. Blasphemy: spoken angrily or insultingly about, or toward God? 2. Cursed another: called down evil on a person? 3. Perjury: knowingly taken an oath to a lie? 4. Profanity: used God's name irreverently? 5. Broken any lawful vow or oath? Broken promises?

Third Commandment

1. Missed Mass on Sunday or Holy day without a serious reason? - Caused others to miss Mass (for example, the children)? - Come late to Mass, left early? 2. Neglected to fast before receiving Holy Communion? 3. Done unnecessary servile work on Sunday or Holy day? Shopped on Sunday?

Fourth Commandment

Children toward Parents: 1. Disobedient or disrespectful to parents? Rejected or despised authority of parents? Caused them grief, distress? Neglected them? Ingratitude? 2. Secretly gone on dates? Done anything in a sneaking way? 3. Ashamed of parents, family? Talked against them? Made fun of them, or of anyone else in authority?

Parents toward Children: 1. Given children bad example, e.g., by staying away from sacraments for a long time, missing Mass? 2. Neglected children's baptism, confirmation? - Neglected their Catholic education or Catholic way of life (prayer, sacraments)? 3. Failed to explain facts of life fitting to their age? 4. Failed to correct faults: lying, stealing, disobedience, dangerous reading, videos... ? Neglected to install internet blocker on children's computers or devices? 5. Failed to watch companionship... allowed dating while still in school? Failed to know who they were going with, where they were going? 6. Observed double moral standard: one for self, one for children? 7. Failed to support family? Misused family funds?

Other: 1. Refused to pray for Pope? 2. Joined seditious or communist association, or secret society? - Disturbed public peace?

Fifth Commandment

1. Suggested or deliberately caused abortion? (Excommunication if procured.) - Suggested, allowed, co-operated in sterilization? 2. In-vitro fertilization? 3. Supported euthanasia? 4. Drunkenness? - Used narcotics or drugs? 5. Led another person into any sin, or tried to? 6. Not avoided occasions of sin? - Neglected to put internet blocker on computer or device? 7. Become angry to the point of serious harm, hurt, or causing miserable home conditions? 8. Done bodily harm to anyone? Attempted suicide? Neglected health? 9. Really hated anyone (wishing evil)? 10. Planned revenge?

Sixth and Ninth Commandments

1. Deliberately brought impure thoughts or desires to mind? Purposely kept those that came spontaneously? 2. Taken part in dirty talk? - Told dirty jokes? -- Boasted of sins? 3. Endangered chastity by reading, pictures, movies, internet, immoral companions, immodest dancing or music? 4. Passionate kissing, petting (outside marriage)? 5. Impure act alone? - Impure touches with others? - Cohabitation? 6. Immodest dress? 7. Used contraceptive technique or device? 8. Unnatural acts? - Incest? 9. Unjustly refused marriage debt? - Used rhythm method (NFP) without sufficient reason? 10. Adultery (single/double)? 11. Caused others to do any of these things? 12. In doubt about God's law, did I ask confessor about it? 13. As a divorced or separated person, do I date?

Seventh and Tenth Commandments

(Estimate value of stolen goods, or amount of damage caused.) 1. Have I stolen or accepted stolen goods? - Stolen from a church? 2. Cheated or defrauded anyone? - Stolen from work? Wasted time at work or on internet? 3. Damaged or destroyed others' property? 4. Failed to pay just debts? 5. Not made restitution for any of these sins (that is, paid back rightful owner)? When do I intend to do so? 6. Am I envious or jealous of what others have? Rejoicing in evil happening to others?

Eighth Commandment

1. Have I told lies? 2. Forged documents? 3. Damaged or destroyed another's reputation by gossip, slander, calumny, rash judgment and loose talk, or by revealing secret faults or sins (detraction)? 4. Retained false suspicions? - Insinuated these suspicions? 5. Did I try to repair damage done in this way? 6. Revealed secrets?

Laws of the Church

1. Eaten meat on Friday knowingly? - Failed to fast on days appointed? (One full meal; two smaller meals; nothing between meals, except liquids.)
2. Let a whole year go by without confession? 3. Failed to receive Communion during Easter season? 4. Neglected financial and moral support of the Catholic Church? 5. Criticized or violated laws of the Catholic Church protecting sanctity of marriage? - Shown approval to or cooperated with a Catholic marrying outside the Catholic Church?- Have I divorced and remarried?

How TO LINE UP FOR CONFESSION

1. "Bless me, Father, for I have sinned. I am married... single... divorced ... widowed."
2. "My last good confession was... " (tell when)
3. Tell all mortal sins: kind, number (as best as you can), any circumstances that add to or take away from guilt; but no unnecessary details, please!
4. Then: "I am sorry for all these sins, and for all the sins of my past life, especially... (mention some serious sin of the past)"

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 they offend 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 FOR TEENAGERS

5 STEPS FOR A GOOD CONFESSION

1. Examine your conscience: recall the sins that you have committed since your last good confession.
2. Be sincerely sorry for your sins.
3. Confess your sins to the priest.
4. Make certain that you confess all your mortal sins and the number of them.
5. After confession, do the penance the priest gives you.

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 they offend 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.

Sins of action - Sins of omission - Sins of thought

Each area of my life should be considered: My family, friends, school life, work, study.

The Seven Capital Sins:

Pride, Lust, Anger, Greed, Envy, Sloth, Gluttony

PRIDE (Pride is the mother of all sin)

Have I dwelt on the failings of others? Have I judged others, in my thoughts or words? Have I ranked myself better than others? Have I borne hatred for others? Have I refused to learn from others? Have I been stubborn? Refused to admit I was wrong? Refused to accept that another person had a better idea? Have I been arrogant? Have I refused to admit my own weaknesses? Have I held others in contempt?

Pusillanimity (spiritual cowardice): Have I neglected to use the talents that God has given me?

Vanity (excessive concern about what others think of me - not just what they think of my appearance): Have I been overly concerned about what others think of me? Have I allowed this to motivate my actions? Have I

lied or exaggerated to make myself look good? Have I wasted undue time and money on clothes and appearance? Have I exercised in a vain manner, or with an excessive concern to make my body perfect? Have I been content with my lowly position?

LUST (Lust is disordered desire for sexual pleasure, isolated from its God-given procreative purpose)

Custody of the Eyes: Have I viewed other people as mere sexual objects rather than as persons to be loved? Bad pictures/videos on internet, TV, books?

Impure Thoughts: Have I entertained impure thoughts? Have I consented to impure thoughts?

Impure Words: Conversation? Jokes?

Impure Acts: Alone: Impure touches? Incomplete or complete impure acts? With others: Impure touches or acts? Have I flirted/toyed with the feelings of another?

ANGER (Anger is undue desire for vengeance, undue in cause or in amount)

Have I harbored resentment, grudges, or hatred in my thoughts? Have I nurtured imaginary angry conversations? Have I been slow to forgive? Have I lost my temper?

Impatience: How have I carried my cross? Have I been impatient with people, family, events, sufferings, sicknesses?

GREED (Covetousness / Avarice is the excessive love of possessing things)

Have I cheated, stolen, or failed to return things that I borrowed? Did I borrow things without permission? Have I been generous and cheerful in giving? Have I wasted money?

ENVY (Envy / Jealousy is sadness at the happiness of another)

Have I envied or been jealous of the abilities, talents, ideas, good-looks, intelligence, clothes, possessions, money, friends, family, of others?

Gossip: Have I judged others in my thoughts? Have I damaged the reputation of another person by my words, attitude, or looks? Have I

repeated accusations that might not be true? Have I exaggerated? Have I said things that were true but that I nonetheless should have kept private? Have I failed to defend the reputation of others? Have I failed to keep secrets? Do I despise others of different race or class?

Lies: Have I lied or exaggerated?

SLOTH / APATHY (Laziness, especially in the things of God; Sloth is a sorrow in the face of spiritual good. It makes you lethargic and want to do nothing)

Have I sought God above all else or have I put other priorities ahead of him (e.g., friendships, ambition, comfort and ease)? Have I gotten so caught up in the things of this world that I have forgotten God? Have I attended Mass each and every Sunday? Have I neglected to say my daily prayers?

Have I entertained distractions in prayer, or failed to give God due concentration in prayer or Mass? (Note: Not giving God the effort He deserves in prayer is a sin, but it is not the same thing as involuntary weakness in mental distractions)

Have I made a prayerful preparation before Mass and a good thanksgiving after Mass? Have I risked losing my faith/piety by bad company, bad reading, cowardice, or pride? Have I trusted God, especially in difficulty? Have I received Holy Communion while in a state of serious sin? Have I neglected to seek Confession before Holy Communion? Have I taken the Lord's name in vain? Or used other foul language?

My Neighbor: Have I been lazy in helping others? Have I been attentive to the needs of my friends? Has my conversation been focused on my own pleasure, or on others? Has my humor been insensitive to others?

My Family: Have I been more focused on myself than on the needs of others in my family? Have I neglected to help at home? I have quarreled needlessly? Have I been pointlessly stubborn? Have I given a bad or lazy example to younger family members?

Punctuality and Discipline: Have I wasted other people's time by being late? Have I made good use of my time, or have I wasted time needlessly? Did I waste time on TV or the internet? Have I gone to sleep on time?

Have I planned good use of relaxation and recreation, knowing that I need to rest well? Have I studied as much as I should?

GLUTTONY (Gluttony is the inordinate desire for food)

Have I eaten more than I need (To how serious an extent)? Have I consumed alcohol excessively (Other substances)? Have I driven after drinking? Have I eaten greedily and with little consideration for those at table with me? Have I regularly practiced fasting and self denial, especially on Fridays? Have I eaten meat on Fridays? Have I always observed the Eucharistic fast before receiving Holy Communion at Mass?

The Ten Commandments

1. I am the Lord thy God. Thou shalt not have strange gods before me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember thou keep holy the Lord's Day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.