

## On Scrupulosity, VIII

Here are ten rules for the scrupulous man to follow:

1. Do not repeat a sin in confession when it has been told in any previous confession, even if you doubt it was told or doubt it was told in a sufficiently adequate and complete way.
2. Do not tell doubtful sins in confession, but only clear and certain ones.
3. Do not repeat your penance after confession or any of the words of your penance on the score that you had distractions or may not have said the words properly.
4. Do not worry about breaking your fast before receiving our Lord in Holy Communion unless you actually put food and drink in your mouth and swallow it in the same way that you do when you eat a meal.
5. Do not hesitate to look at any crucifix or statue in church or at home or anywhere else lest you receive bad thoughts in your mind or imagination. If such thoughts come, they are not sinful at all.
6. Do not consider yourself guilty of bad thoughts, desires, or feelings unless you can honestly swear under oath before the all-truthful God that you remember clearly and certainly consenting to them.

7. Do not disobey your confessor when he tells you never to make another general confession of past sins already confessed.

8. Act on the belief that whenever you are in doubt as to whether or not you are obliged to do or not to do something; you can take it for certain that you are not obliged.

9. If, before you perform or omit an act, you are doubtful whether or not it is sinful for you, you shall assume as certain that it is not sinful and shall proceed to act without any dread of sin whatever.

10. You shall put your total trust in Jesus Christ, knowing that He loves you as only God can love and that He has no intention of letting you lose your soul.

11. Feelings, impulses and ideas are neither acts of the will nor accomplished facts.

12. Temptations are not sins. Even Jesus was tempted by the Devil and never sinned.

For prayers, the traditional morning offering is perfect for to give God everything, including our failures. A few words are added to tailor the offering to one who suffers scruples:

“O my Jesus, through the Immaculate Heart of thy mother Mary, I offer to Thee this day *all* my

prayers, works, joys, sufferings, thoughts, feelings, and impulses of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of thy Most Sacred Heart, for the unification of all Christians, and for the intentions of our Holy Father the Pope. Amen.”

Another prayer which is perfect for the surrender of thoughts during the day is from St. Ignatius of Loyola:

“Receive, O Lord, all my liberty. Take my memory, my understanding, and my entire will. Whatsoever I have or hold, Thou hast given me; I give it all back to Thee and commit it wholly to be governed by Thy will. Thy love and Thy grace give unto me, and I am rich enough and ask for nothing more.:

And to find a good director, here is a prayer from St. Symeon:

“O Lord, who desirest not the death of a sinner but that he should turn and

live, Thou who didst come down to earth in order to restore life to those lying dead through sin and in order to make them worthy of seeing Thee the true light as far as that is possible to man, send me a man who knows Thee, so that in serving him and subjecting myself to him with all my strength, as to Thee, and in doing Thy will in his, I may please Thee the only true God, and so that even I, a sinner, may be worthy of thy kingdom. Amen.”