

It is recommended that when you go to CONFESSION, that you say only your sins. Sins committed against God, against the church or against someone. There is no need to give a detailed account of how it happened or why it happened. This is not a counselling session. Nor is it a time to make questions that you may have that have nothing to do with the Sacrament of Reconciliation.

### **FIVE ESSENTIAL THINGS IN A GOOD CONFESSION:**

1. Think about your sins.
2. Experience the pain of having offended God, or of having offended your neighbor.
3. Repent — Try not to sin again.
4. Confess— Say sins to the Priest
5. Penance — Do what the Priest tells you to do. Do not give names of other persons, or involve other persons because we are confessing our sins not other person's sins.

### **RITE OF RECONCILIATION**

1. Begin your confession by making the sign of the cross and greeting the Priest:  
“Bless me father, for I have sinned.”
2. The Priest gives you a blessing and you respond in words similar to St. Peter’s words to Christ: “Lord You know all things; You know I love you. My last confession was ...” (How many weeks, months, or years.)
3. Confess all of your sins to the Priest.
4. The Priest will help you make a good confession. If you are unsure about how to confess or you feel uneasy, just ask him to help you.
  1. Answer his questions without hiding anything out of fear or shame. Place your trust in God, a merciful Father who wants to forgive you.
  2. Following your confession of sins say an Act of Contrition (available in the Confessional); or say with sincerity: “I am sorry for these and all of my sins.”
3. The Priest will assign you a penance and offer advice to help you be a better Christian.
4. The Priest, acting in the Person of Christ, will then absolve you from your sins while giving you a blessing.

You are now free to leave the confessional in a State of Grace.

Humility required in confession and completion of our penance helps us enter a new will of God and to follow Him closer. Confession is a blessing that offers peace, a clear mind and a heart full of hope.

## ACT OF CONTRITION

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 shall 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.

**EXAMINATION OF CONSCIENCE:** The following is meant to be a guide to help you recognize the presence of sin in your life. By placing a mark next to the statements that apply to you, you will be less likely to forget any offenses when you are in the Confessional. This Examination is personal, not to be discussed or shared with anyone but the Priest, so be as honest with yourself as possible. Remember God rejoices over a truly repentant sinner.

### SINS OF THOUGHT

**Attitudes:** Disrespect of proper authority\_\_\_, jealousy\_\_\_, envy\_\_\_, coveting another's property\_\_\_, or another's spouse\_\_\_.

**Thinking:** How to be destructive\_\_\_, getting revenge\_\_\_, hateful\_\_\_, immoral thoughts\_\_\_, pride\_\_\_, sexual fantasy\_\_\_, self degradation\_\_\_, lustful thoughts\_\_\_, racism\_\_\_, prejudice\_\_\_, ill-will toward another\_\_\_, an unwillingness to be reconciled\_\_\_.

(NOTE: Thoughts are sinful when we *know* they are wrong, we *keep* them in our minds and make *no effort* to put them out of our minds.)

### SINS OF WORD

Profane speech\_\_\_, obscene talk\_\_\_, gossiping\_\_\_, bragging\_\_\_, lying\_\_\_, telling or listening to improper stories\_\_\_, cursing\_\_\_, deceitful talk\_\_\_, unjust criticism\_\_\_, speaking against another without proper knowledge\_\_\_, telling secrets\_\_\_, breaking trust\_\_\_, inciting others to anger or sinful acts\_\_\_, ruining someone's good character by speaking against them\_\_\_, not defending another when you know they are being accused falsely\_\_\_, not speaking to your children when they misbehave in your presence\_\_\_, not speaking to others for wrong reasons\_\_\_, not warning others of danger\_\_\_.

### SINS OF DEED AND OMISSION

Adultery\_\_\_, fornication\_\_\_, sexual abuse\_\_\_, impure acts\_\_\_, doing harm to others\_\_\_, stealing\_\_\_, inflicting mental or physical pain on another\_\_\_, creating dissension destructively\_\_\_, disobeying proper authority\_\_\_, deceptive practices\_\_\_, cheating\_\_\_, destroying other's property\_\_\_, destroying nature with no good cause\_\_\_, defacing property\_\_\_, mean acts toward others\_\_\_, gluttony\_\_\_, drinking to drunkenness\_\_\_, ingesting illegal drugs\_\_\_, laziness\_\_\_, driving recklessly\_\_\_, wasting time when being paid\_\_\_, covering up shoddy work\_\_\_, not fulfilling one's obligations\_\_\_, not meeting one's family obligations\_\_\_, dishonoring one's parents\_\_\_, making obscene gestures\_\_\_, taking part in illegal activity\_\_\_, hurting animals for no reason\_\_\_, failing to help others in dire need\_\_\_, not paying one's debts\_\_\_, not helping in the support of your Church\_\_\_, failing to attend Sunday Mass\_\_\_, receiving the Holy Eucharist unworthily\_\_\_, discriminating against others unjustly\_\_\_, acting against another on hearsay\_\_\_, being unkind to others\_\_\_, selling or receiving stolen property or goods\_\_\_.