



HOW TO GO TO CONFESSION

BEFORE GOING TO CONFESSION:

Pray for God's help to show you everything in your life which separates you from Him, examine your conscience (you can use the questions at the back of the sheet as a help), be truly sorry for your sins, and resolve to change your life.

CONFESS YOUR SINS TO THE PRIEST:

If you are anxious or unsure of what to do, take this guide with you or tell the priest and he will help you.

1. Go to the priest and begin by saying:

"Bless me, Father, for I have sinned. It has been ____ (number of days, weeks, months, etc.) since my last confession. These are my sins."

2. Tell the priest what your sins are. Mention them all. Hold nothing back.

3. At the end of your confession say these or similar words:

"For these and all the sins of my life I am sorry."

4. The priest may then speak to you, propose an act of penance and ask you to pray an Act of Contrition:

ACT OF CONTRITION:

"O my God, because You are so good, I am very sorry that I have sinned against You, and with the help of your grace, I will not sin again."

5. The priest will give you absolution and conclude by saying: 'Go in peace and God bless you.'

AFTER CONFESSION:

Spend some time in prayer, do your Penance and give thanks to God for His Mercy and forgiveness.

EXAMINATION OF CONSCIENCE

Do I seek to love God above all things?

Have I denied a truth of the faith?

Do I seek to grow in faith?

Do I pray daily?

Have I experimented with the occult or put my trust in fortune tellers or horoscopes?

Have I received Holy Communion in a state of mortal sin?

Have I lied to the priest in confession or deliberately not confessed a mortal sin?

Have I missed Mass on a Sunday or a Holy Day of Obligation through my own fault?

Do I try to keep Sunday as a day of rest and avoid unnecessary work?

Do I honour and respect my parents?

For Parents: Do I teach my children to pray and bring them to Mass?

For Parents: Have I neglected my children's welfare in any way?

Have I deliberately harmed anyone?

Have I driven dangerously or inconsiderately?

Have I had an abortion or encouraged an abortion?

Have I in any way participated in taking human lives?

Have I lead anyone to sin through bad example or direct encouragement?

Have I abused drugs or alcohol?

Have I been impatient, angry or jealous?

Have I watched pornography?

Have I deliberately and consciously permitted sexual thoughts about others?

Have I masturbated?

Have I used impure language or told impure jokes?

Do I dress modestly?

For the married: Am I faithful to my spouse in thoughts and deeds?

For the married: Have I used artificial contraception/birth control?

For the married: Am I married according to the rites of the Church?

For the unmarried: Have I engaged in sexual activity with anyone?

Have I lied, gossiped, betrayed confidences or ruined the good name of another?

Have I been vain, proud, selfish or self-seeking?

Have I stolen anything?

Do I gamble excessively?

Do I share what I have with the poor and support the Church according to my means?

Have I been disobedient, rude or insolent to those in authority over me?

Have I been harsh, overbearing or sarcastic to those under my authority?

Do I love my neighbour? Is there anyone whom I do not love or refuse to love?

Do I love myself as God loves me? Do I care for my physical, emotional, and spiritual health?