

HOW TO GO TO CONFESSION

PREPARE to go to confession by thinking about your sins. Make a firm commitment, asking God's help, not to sin again. (See Examination of Conscience on reverse side)

Prayer Before Confession

COME HOLY SPIRIT INTO MY SOUL. Enlighten my mind that I may know the sins I ought to confess, & grant me your grace to confess them fully, humbly, & with a contrite heart. Help me to firmly resolve not to commit them again.

O BLESSED VIRGIN, MOTHER OF MY REDEEMER, intercede for me through the Passion of Your Son, that I may obtain the grace to make a good confession. All you blessed Angels & Saints of God, pray for me, a sinner, that I may repent from my sins, & that my heart may be forever united with yours in eternal love. Amen.

Rite of Reconciliation

PRIEST: In the name of the Father, & of the Son, & of the Holy Spirit. Amen.

PENITENT: Bless me, Father, for I have sinned. It has been (how long ?) since my last confession, & these are my sins: (confess your sins).

PRIEST: Will give you a PENANCE.

PENITENT: (Pray the Act of Contrition).

Act of Contrition

MY GOD, I AM SORRY FOR MY SINS with all my heart. In choosing to do wrong & failing to do good, I have sinned against You, whom I should love above all things. I firmly plan, with Your help, to do penance, to sin no more, & to avoid whatever leads me to sin.

OUR SAVIOR JESUS CHRIST suffered & died for us. In His name, my God, have mercy. Amen.

PRIEST: Will give you ABSOLUTION.

PENITENT: Recite or do penance as soon as possible.

THE TEN COMMANDMENTS

An Examination of Conscience for a Good Confession

1 I AM THE LORD YOUR GOD: YOU SHALL NOT HAVE STRANGE GODS BEFORE ME. Did I fail to love God, make Him first in my life, thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless with my prayers? Do I give God time every day in prayer? Have I been involved in magic, Ouija boards, Tarot cards, the occult?

2 YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN. Did I curse or swear? Did I use God's Name in vain, lightly, carelessly, by blasphemy? Have I used foul language or jokes?

3 REMEMBER TO KEEP HOLY THE SABBATH. Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I leave Mass early without a good reason? Have I been to Communion at least once a year? Did I receive Holy Communion in the state of serious sin? Have I been to confession recently? Did I lie to or deliberately conceal something from the priest in a previous confession? Did I do unnecessary work on Sunday?

4 HONOR YOUR FATHER & YOUR MOTHER. Did I honor & obey my parents? Respect my brothers & sisters? Respect lawful authority, especially teachers? Have I talked back? Did I fail to help at home or to spend time with my family?

5 YOU SHALL NOT KILL. Did I give in to feelings of anger or jealousy? Did I keep hatred in my heart? Did I fight, give a bad example or cause scandal? Have I abused alcohol or drugs? Have I had or in any way permitted or encouraged abortion? Have I thought about suicide?

6 YOU SHALL NOT COMMIT ADULTERY. Did I consent to impure glances? Passionate kisses? Sinful touches? Was I immodest in dress or behavior? Did I look at pornography, impure books, magazines or videos? Am I guilty of masturbation (impurity with self)? Fornication (premarital sex), adultery (sex with a married person) or contraception (by pills, devices, etc.)? Do I live chastely according to my state in life (married, single, ordained)? Do I avoid laziness, gluttony, idleness & the occasions of impurity?

7 YOU SHALL NOT STEAL. Have I stolen what is not mine? What, how much? Did I return it or make up for what I stole? Have I cheated on tests or homework? Did I waste time at work? Have I written graffiti (stealing nature's beauty)?

8 YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR. Have I lied, gossiped? Talked about another behind his back? Do I always tell the truth? Am I sincere? Did I reveal confidential secrets? Am I critical, negative or uncharitable in my talk?

9 YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE. Have I consented to impure thoughts? Have I encouraged them by stares, curiosity or impure conversations? Did I neglect to control my imagination or desire other people?

10 YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS. Is my heart greedy? Am I jealous of what another has? Am I envious of others because I don't have what they have? Am I moody or gloomy? Do I work, study & keep busy to counter idle thoughts? Am I critical, negative, or uncharitable in my thoughts of others? Is my heart set on earthly possessions or on the treasures in Heaven?