

CONFESSION HOW-TO:

Examine your conscience.

See below for a brief examination of conscience.

Make the sign of the cross.

“Forgive me father for I have sinned.

My last confession was _____”

Begin to say the sins you remember.

If you feel uneasy, simply ask the priest to assist you.

The priest may ask you some questions to help you think about deeper causes. He will then assign you a penance.

If you weren't here for the communal Act of Contrition, pray the following:

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 should 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.

The priest will absolve you of your sins.

As he makes the sign of the cross over you, cross yourself and reply “Amen”.

A BRIEF EXAMINATION OF CONSCIENCE

1. Is God the most important thing in my life, or do I place money, success, power, or other worldly things above God? Do I make time to pray each day? Do I trust God and submit to His will?
2. Does my life reflect the mission I received at baptism and in confirmation, by sharing in the apostolic and charitable works of the Church and in the life of my parish?
3. Am I concerned for the good and prosperity of the human community in which I live, or do I spend my life caring only for myself?
4. Have I been truthful and fair, or have I injured others by deceit, calumny, detraction, rash judgment, or violation of a secret?
5. Have I done violence to others? Am I estranged from others through quarrels, hatred, insults or anger?
6. If I have been injured, am I willing to make peace for the love of Christ and to forgive, or do I harbor hatred and the desire for revenge?
7. When I have been asked for forgiveness, have I given it freely or have I refused?
8. Am I sincere in my dealings with others? Am I critical, negative or uncharitable in my thoughts of others?
9. Have I caused impure thoughts by impure reading, movies, conversations or curiosity?
10. Do I envy what other people have? Do I trust that God will care for all of my material and spiritual needs?