

A Guide to Confession

A PRAYER BEFORE CONFESSION:

Dear Jesus, help me to make a good Confession,
Help me to find out my sins, Help me to be sorry for them,
Help me to make up my mind not to sin again.
have mercy on me, O Lord, and forgive me.
Mary, my mother, pray for me.

Consider using an
**EXAMINATION OF
CONSCIENCE** to reflect
in preparation for
your confession.



Pray

PRAY THAT GOD WILL GIVE YOU PEACE AND HELP YOU
MAKE A GOOD CONFESSION.

REFLECT ON WAYS YOU HAVE HARMED YOUR
RELATIONSHIP WITH GOD, YOURSELF & OTHERS.

Reflect



AN 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 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.

Greeting: The priest will welcome you; he may say a short blessing or read a Scripture passage.

Sign of the Cross: Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: "Bless me, Father, for I have sinned. It has been (give weeks, months, or years) since my last confession."

Confession: Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: "I am sorry for these and all my sins."

Penance: The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

Act of Contrition: Say an Act of Contrition, expressing sorrow for your sins and resolving to leave sin behind and live more like Jesus Christ!

Absolution: The priest then blesses you in the person of Christ as he says the prayer of Absolution which frees you from your sins

"WITH YOUR HELP"

These words in an act of
contrition remind you that
When avoiding sin seems
too difficult, you can rely
on God by turning to Him
in prayer and the
Sacraments.



Rejoice

THROUGH THE GRACE OF THE SACRAMENT OF
RECONCILIATION GOD HAS REMINDED YOU OF HIS
UNENDING LOVE!

RESOLVE TO LEAVE SIN BEHIND AND
LIVE IN THE LIGHT!

Resolve



Respond

FOLLOW THROUGH WITH THE PENANCE THE
PRIEST GAVE YOU AND SHARE THE MERCY YOU
RECEIVED WITH OTHERS.