

How to go to *Confession*

After examining your conscience, enter the confessional and either kneel behind the screen or sit across from the priest. Make the Sign of the Cross while saying...

Bless me father, for I have sinned, it has been months/years since my last Confession. These are my sins...

Tell of all your unconfessed sins to the priest. It is important to name all the sins you can remember for a valid Confession.

The priest may give you some advice and then assign a penance. Then you will say an Act of Contrition. An example follows:

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to do penance, to sin no more, and to avoid the near occasion of sin. Amen.

The priest will then offer you absolution. Then, you will exit the confessional and complete your acts of penance.



Examination of *Conscience*

In preparation for the Sacrament, the penitent should ask:

- Do I pray to God every day?
- Have I doubted God or denied my faith?
- Did I read books or watch shows against my Catholic faith?
- Do I engage in superstitious practices, such as palm reading or fortune-telling?
- Did I use the name of God in vain...lightly...carelessly...?
- Did I curse or swear? Do I use profane or vulgar language?
- Did I miss Mass on Sundays or Holy Days of Obligation? Am I attentive and engaged at Mass? Is Sunday truly a day of rest and worship, or is Sunday just like any other day for me?
- Did I fast and abstain on the prescribed days during Lent?
- Do I honor my parents? Have I been disrespectful or disobedient to them?
- If my parents are older, do I visit and serve them as a Christian son or daughter should?
- Have I been angry and resentful towards others? Do I harbor hatred in my heart and soul?
- Have I encouraged anyone to hurt another person? Did I refuse to forgive?
- Have I participated in or encouraged the sin of abortion? Did I get drunk? Did I take illegal drugs?
- Have I been impure with myself or others?
- Have I been faithful in thought, word, and deed in my marriage? Have I used artificial contraception?
- Did I view pornography?
- Have I stolen anything, big or small?
- Have I cheated at school or in the workplace? Have I lied or gossiped? Do I always tell the truth?
- Am I a jealous person? Do I desire things that I shouldn't?
- Am I greedy or overly materialistic? Do I share my treasure with those in need?