

## How to go to Confession

**Penitent (You):** When you begin say, **In the name of the Father, the Son and the Holy Spirit. Amen. Bless me Father for I have sinned. It has been** (how long?) **since my last confession. These are my sins** (List sins).

**Priest:** Listens, may give counsel, gives you a penance to perform; i.e., prayers, good deeds, reparation for theft, etc. He then asks you to make a “*good Act of Contrition.*”



**Penitent: 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. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.**

*(feel free to take this in with you in case you may not feel comfortable reciting from memory)*

**Priest:** Gives you absolution, offers you God’s peace and dismisses you.

**Penitent:** Say or do your penance as soon as possible or at the priest’s direction.

\*\*Remember that the priest is willing to guide the penitent through all the steps of confession.

## An Examination of Conscience

**I am the Lord your God. You shall not have strange gods before me.**

- Do I seek to love God with my whole heart and soul? Does He truly hold first place in my life?
- Have I been involved in superstitious practices?
- Have I received Holy Communion in the state of mortal sin?
- Have I told a lie in Confession or deliberately withheld confessing a mortal sin?
- Do I accept the Truths of our Faith as taught by the Church?

**You shall not take the Name of the Lord your God in vain.**

- Have I insulted God’s holy name or used it carelessly?
- Do I respect that which is sacred?

**Remember to keep holy the Lord’s Day.**

- Have I intentionally missed Mass on Sunday or on Holy Days of Obligation?
- Do I try to keep Sunday as a day of rest?

**Honor your father and your mother.**

- Do I honor and obey my parents? Do I care for them in their old age?
- Have I neglected my family responsibilities?
- Is my family centered around Christ and His teaching of love?

**You shall not kill.**

- Have I harbored hatred, anger or resentment in my heart towards anyone?
- Have I given scandal to anyone by my sins, thereby leading them to sin?
- Have I abused my mind or body through alcohol or drugs?
- Have I physically harmed anyone?
- Have I had an abortion? Have I encouraged or assisted anyone in procuring an abortion?
- Have I sinned through gluttony?

**You shall not commit adultery.**

- Am I pure in my thoughts, words and actions? Am I modest in my dress and appearance?
- Am I engaged in any inappropriate relationships?
- Have I indulged in pornographic material/movies/internet?
- Have I engaged in sexual activity with myself or with another outside marriage?
- Have I been unfaithful to my marriage vows in action or thought?
- Have I practiced any form of artificial contraception?

**You shall not steal.**

- Have I taken what is not mine?
- Am I honest with my employer or employees?
- Do I gamble excessively, thereby robbing my family of their needs?
- Do I seek to share what I have with those in need?

**You shall not bear false witness against your neighbor.**

- Have I lied, gossiped or spoken behind anyone's back?
- Have I ruined another's good name or reputation?
- Do I reveal information that should be confidential?

**You shall not desire your neighbor's wife.**

- Am I envious of another's spouse or family?
- Have I consented to impure thoughts?
- Am I reckless and irresponsible in the books I read or the movies I watch?

**You shall not desire your neighbor's goods.**

- Am I envious of the possessions or good fortune of others?
- Am I resentful and bitter over my position in life?

