**HOW TO GO TO CONFESSION**

Prepare to go to confession by thinking about your sins and make a firm resolution, asking God's help, not to sin again.

**PRAYER BEFORE CONFESSION**

Come Holy Spirit into my soul,

Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and 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 and Saints of God, pray for me, a sinner, that I may repent from my sins, and that my heart may be forever united with yours in eternal love. Amen.

**RITE OF RECONCILIATION**

*Priest:* In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

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

*Priest:* (Gives counsel and a penance)

*Penitent:* (Prayerfully recite an Act of Contrition)

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 sin no more  
and to avoid the near occasions of sin.  
Amen.

*Priest*: (Gives you absolution)

*Priest*: Go in peace, your sins are forgiven.

*Penitent*: Thanks be to God. (Follow through with penance as soon as possible)

**EXAMINATION OF CONSCIENCE FOR A GOOD CONFESSION**

**THE 7 CAPITAL SINS**

Pride, Avarice, Lust, Gluttony, Anger, Envy, Sloth

**THE TEN COMMANDMENTS**

1*. I am the Lord your God, you shall not have strange gods before me.* Did I fail to love God, to make God first in my life, to surrender the things of my life with trustful abandonment? Have I lived selfishly, with egotism or pride? Did I fail to pray or been careless in my prayers? Have I doubted or denied my faith? Do I give God time every day in prayer? Have I been involved in magic or any form of 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, or by blasphemy? Have I used foul language or jokes?

3. *Remember to keep Holy the Sabbath*. Have I missed Mass on Sundays or Holy Days of Obligation? Did I leave Mass early without a good reason? Have I been to confession regularly? In any of my previous confessions, did I lie to or deliberately conceal something from a priest? Did I do unnecessary work on Sunday?

4. *Honor your father and your mother.* Did I honor and obey my parents? Respect my brothers and sisters? Respect others with lawful authority? 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 dwell on feelings of anger or jealousy? Am I harsh in my judgments, holding resentments or hatred in my heart? Have I been impatient or lacking in mercy? Did I fight, give a bad example or cause scandal? Have I abused alcohol or used drugs? Have I had or in any way permitted or encouraged abortion?

6. *You shall not commit adultery*. Was I immodest in dress or behavior? Did I look at pornographic or impure materials? 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 and the occasions of impurity?

7. *You shall not steal*. Have I stolen what is not mine? What or how much? Did I return it or make up for what I have stolen? Did I waste time at work?

8. *You shall not bear false witness against your neighbor.* Have I lied or slandered another? Did I reveal secrets that were told to me in confidence? Am I critical, negative or uncharitable in my thoughts of others?

9. *You shall not covet your neighbor's wife*. Have I consented to impure thoughts? Have I encouraged them by looks, 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 l jealous of what another has? Did I work, study, or 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 of heaven?