

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 I 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?