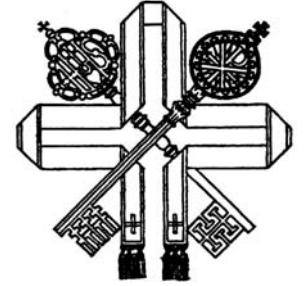


How to go to Confession

1. Pray to the Holy Spirit so that He can help you to remember your sins. Go over the examination of conscience and try to remember the bad things you have done or the things you were supposed to do, but didn't do, since your last Confession.
2. Enter the Confessional; you can go face to face (sit in the chair) or to kneel behind screen/curtain. (Say the things below in **bold**.)
3. In the Name of the Father, and of the Son, and the Holy Spirit. **Amen**
4. **Bless me Father for I have sinned. It has been** [say number of weeks, months, or years] **since my last confession. These are my sins:**
5. Tell the priest your sins. Then say: **That is all I can remember.**
6. The priest will give you advice and penance and ask you to pray the Act of Contrition listed next.
7. **“O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen”**
8. The priest will forgive your sins with the prayer of absolution. At the end, say: **Amen.**
9. The Lord has freed you from your sins. Go in peace.
10. **Thank be to God**
11. After you leave the sacrament, pray or perform your penance as soon as possible. (If you forget the penance, be sure to ask the priest before you leave.)

Sacrament of Reconciliation for Adults

“And when he had said this, he breathed on them and said to them, “Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.”” (John 20, 22-23)



“Therefore, since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession.....So let us confidently approach the throne of grace to receive mercy and to find grace for timely help.” (Hebrews 4:14,16)

“If we say, “We are without sin,” we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing.” (1 John 1:8-9)

“Repent, therefore, and be converted, that your sins may be wiped away,” (Acts 3:19)

Things to remember in the sacrament.

1. Do not worry if you are nervous, most people are as it is hard to tell another person (the priest) our sins. We have to trust in Jesus.
2. Mortal sins are those which are (1) seriously wrong, (2) we know they are wrong, and (3) we willingly do them. Any mortal sin must be confessed in kind and number
3. The priest is bound under the seal of confession so your confession is kept secret
4. The sacrament not only forgives our sins but it gives us help, God's Grace, to not commit the sin in the future.
5. God actually forgets our sins. *“It is I, I, who wipe out, for my own sake, your offenses; your sins I remember no more.” (Isaiah 43:25)*

Examination of Conscience

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

Do I give God time every day in prayer? Do I seek to love Him with my whole heart? Have I been involved with superstitious practices or have I been involved with the occult? Do I seek to surrender myself to God's word as taught by the Church? Have I ever received communion in the state of mortal sin? Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession? Are there other "gods" in my life? Money, Security, Power, People, etc.?

2. You shall not take the name of the Lord your God in vain.

Have I used God's name in vain: lightly or carelessly? Have I been angry with God? Have I wished evil upon any other person? Have I insulted a sacred person or abused a sacred object?

3. Remember to keep holy the Lord's Day.

Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Have I tried to observe Sunday as a family day and a day of rest? Do I do needless work on Sunday?

4. Honor your father and your mother.

Do I honor and obey my parents? Have I neglected my duties to my spouse and children? Have I given my family good religious example? Do I try to bring peace into my home life? Do I care for my aged and infirm relatives?

5. You shall not kill.

Have I had an abortion or encouraged or helped anyone to have an abortion? Have I physically harmed anyone? Have I abused alcohol or drugs? Did I give scandal to anyone, thereby leading him or her into sin? Have I been angry or resentful? Have I harbored hatred in my heart? Have I mutilated myself through any form of sterilization? Have I encouraged or condoned sterilization? Have I engaged, in any way, in sins against human life such as artificial insemination or in vitro fertilization? Have I participated in or approved of euthanasia? Have I hit or harmed someone unjustly in any way?

6. You shall not commit adultery.

Have I been faithful to my marriage vows in thought and action? Have I engaged in any sexual activity outside of marriage? Have I used any method of contraception or artificial birth control in my marriage? Has

each sexual act in my marriage been open to the transmission of new life? Have I been guilty of masturbation? Do I seek to control my thoughts and imaginations? Have I respected all members of the opposite sex, or have I thought of other people as mere objects? Have I been guilty of any homosexual activity? Do I seek to be chaste in my thoughts, words, actions? Am I careful to dress modestly?

7. You shall not steal.

Have I stolen what is not mine? Have I returned or made restitution for what I have stolen? Do I waste time at work, school, and home? Do I gamble excessively, thereby denying my family of their needs? Do I pay my debts promptly? Do I seek to share what I have with the poor? Have I cheated anyone out of what is justly theirs, for example creditors, insurance companies, big corporations?

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

Have I lied? Have I gossiped? Do I speak badly of others behind their back? Am I sincere in my dealings with others? Am I critical, negative or uncharitable in my thoughts of others? Do I keep secret what should be kept confidential? Have I injured the reputation of others by slanders

9. You shall not covet (desire) your neighbor's wife.

Have I consented to impure thoughts? Have I caused them by impure reading, movies, television, conversation or curiosity? Do I pray at once to banish impure thoughts and temptations? Have I behaved in an inappropriate way with members of the opposite sex: flirting, being superficial, etc.?

10. You shall not covet (desire) your neighbor's goods.

Am I jealous of what other people have? Do I envy the families or possessions of others? Am I greedy or selfish? Are material possessions the purpose of my life?

Precepts of the Church: (1)You shall attend Mass on Sundays and holy days of obligation and rest from servile labor. (2)You shall confess your sins at least once a year. (3)You shall receive the sacrament of the Eucharist at least during the Easter season. (4)You shall observe the days of fasting and abstinence established by the Church. (5)You shall help to provide for the needs of the Church.

Seven Deadly Sins: (1)Pride-an inflated view of oneself (2)Lust-an inordinate desire for sex, money, power, etc. (3)Greed (Avarice)-inordinate desire for money or possessions (4)Gluttony-over-consumption, usually of food or drink. (5)Sloth(Acedia)-physical or spiritual laziness (6)Wrath (Anger)-misplaced and/or over-placed anger (7)Envy(Jealous)-sadness at the good fortune of others