

## 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, please consider:*

- 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?