

How to go to Confession

“In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

Bless me Father for I have sinned. It is Weeks/months) since my last confession.” (if you cannot remember, just tell the priest that it has been a long time)

When you **confess** your sins, start with the ones that are the most difficult to say.

Listen to any advice the priest may give you.

The priest will give you a short **penance** to do (If you can, do this right after Confession)

He will ask you to make an **act of contrition** to show that you are truly **sorry** for your sins.

Act of Contrition

O my God, because you are so good, I am very sorry that I have sinned against you and by the help of your grace I will not sin again.

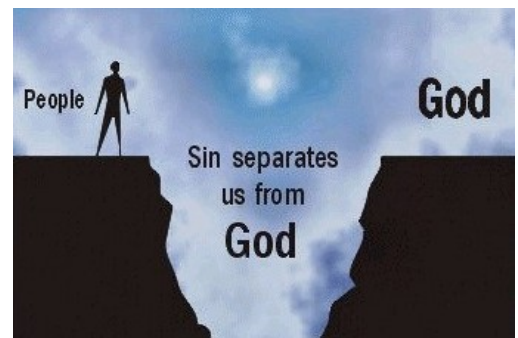
The priest will then say the prayer of **absolution**.

After Confession

Spend some time in prayer to thank God for forgiving your sins and for a new beginning in renewing your relationship with him. Ask God for the courage and strength to love him with all your heart, soul and mind and to try not to commit the same sins again.



Reconciliation Booklet



**“Do not be afraid of Confession!
Be courageous and go to Confession!
Every time we confess,
God embraces us,
God celebrates!”**

Pope Francis

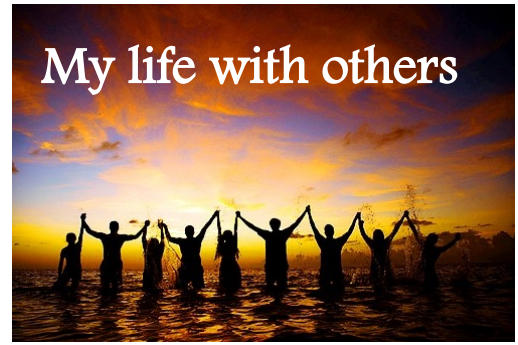
Preparing to make a good confession means that we look into our hearts to identify the sins that have caused us to turn our back on God.

Take a few moments to think about the **examination of conscience** below.

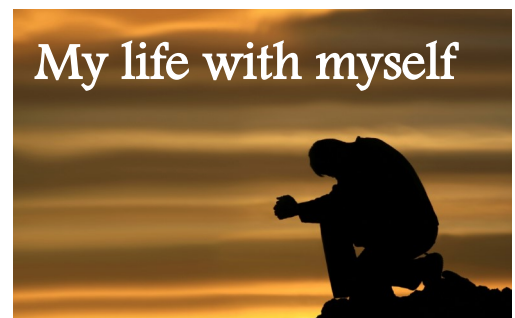
This will help you to look honestly at yourself and to identify the areas of your life that you wish to hand over to Jesus in confession.



- Do I pray each day?
- Do I make a sincere effort to participate in Mass?
- Have I deliberately missed Mass on Sunday?
- Do I see God and love Him in other people?
- Do I pray and attend Mass only because I have to or because I love God?
- I think of God during the day and talk with him?
- Do I really trust God with my life and my future?



- Do I love those around me, especially my family and my friends?
- Am I jealous of what others have?
- Do I gossip or say things behind someone's back?
- Have I forgiven those who have hurt me?
- Do I honour my parents and teachers and those who are helping me to become a good person?
- Am I respectful of others? Of the poor? Of people who do not agree with me?



- Do I accept being the person I am, knowing that I am the very best of God's creation?
- Am I developing the talents God gave me? Do I study, read, pray?
- Am I overly attached to my possessions?
- Do I appreciate the good things God has given me?