

6 STEPS FOR A GOOD CONFESSION

1. Examine your conscience – (go through commandments below) what sins have you committed since your last good confession.
2. Be sincerely sorry for your sins.
3. Begin with, “Bless me Father, for I have sinned. It has been —(weeks, mos. Years) since my last confession. My sins are: — .
4. Confess all your mortal sins and any venial sins to the priest. Finish with, “I am sorry for these sins and any sins I may have forgotten.”
5. After your confession, the priest will give you a penance and ask you to recite the Act of Contrition. Following that the priest will give you absolution for your sins.
6. After leaving the confessional, do the penance the priest gives to you.

Pray daily for the strength to avoid the occasion of sin, especially for those sins you were just absolved from.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, 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 You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life.
Amen.

FIRST COMMANDMENT

“I am the Lord your God. You shall not have strange gods before Me.” (Ex 20:2,3)

- Did I doubt or deny that God exists?
- Did I refuse to believe what God has revealed to us?
- Did I believe in fortune telling, horoscopes, dreams, the occult, good-luck charms, tarot cards, palmistry, Ouija boards, seances, reincarnation?
- Did I deny that I was Catholic?
- Did I leave the Catholic Faith?
- Did I give time to God each day in prayer?
- Did I love God with my whole heart?
- Did I despair of or presume on God’s mercy?
- Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, fame, pleasure, property, etc.?

SECOND COMMANDMENT

“You shall not take the Name of the Lord your God in vain.” (Ex 20:7)

- Did I blaspheme or insult God?
- Did I take God’s name carelessly or uselessly?
- Did I curse, or break an oath or vow?
- Did I get angry with God?
- Did I use other obscenities that could be scandalous?

THIRD COMMANDMENT

“Remember that you keep holy the Sabbath Day.” (Ex 20:8)

- Did I miss Sunday Mass or a Holy Day of Obligation through my own fault?
- Did I come to Mass on time? Leave early?
- Did I do work on Sunday that was not necessary?
- Did I set aside Sunday as a day of rest and a family day?
- Did I show reverence in the presence of Jesus in the Most Blessed Sacrament?

FOURTH COMMANDMENT

“Honor your father and your mother.” (Ex 20:12)

- Did I disobey or disrespect my parents or legitimate superiors?
- Did I neglect my duties to my husband, wife, children or parents?
- Did I neglect to give good religious example to my family?
- Did I fail to actively take an interest in the religious education and formation of my children?
- Did I fail to educate myself on the true teachings of the Church?
- Did I give scandal by what I said or did, especially to the young?
- Did I cause anyone to leave the faith?
- Did I cause tension and fights in my family?

