

Preparing for a Good Confession

BEGIN WITH PRAYER

Place yourself in the presence of our loving Father. Ask for the grace of true sorrow for your sins and a firm resolve to amend your life.

REVIEW YOUR LIFE SINCE YOUR LAST CONFESSION

- A good confession is sincere, to the point, humble and honest. Write down your confession, if needed.
- Recall Jesus' words to the Apostles: "Receive the Holy Spirit; whose sins you forgive will be forgiven; whose sins you retain shall be retained."
John 20:21-23
- Examine your conscience – your thoughts, words and actions – for times when you have not loved him and others or kept his commandments (see inside panels).
- For more, read the Parables of Mercy in Luke 15.

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us.

In his name, my God, have mercy.

Rite of Penance, #45

AN ACT OF CONTRITION FOR CHILDREN

O my God, I am sorry for my sins.

In choosing to do wrong
and not doing good,
I have sinned against you.

I promise, with the help of your Son, Jesus,
to make up for my sins and to love you
and others as I should.

Amen.



FOR CONFESSION TIMES AT
ST. GABRIEL CATHOLIC CHURCH VISIT
www.stgabrielchurch.org/confession



Reconciliation

RECEIVE GOD'S
HEALING AND MERCY



There is no sin that God's mercy
cannot reach and wipe away when
it finds a repentant heart seeking
to be reconciled with the Father.

POPE FRANCIS

In the Confessional

RITE OF RECONCILIATION

1. After the priest greets you, make the Sign of the Cross and say, "Bless me, father, for I have sinned. My last confession was ___ weeks/years ago."
2. Confess your sins. If you are unsure how to confess or feel uneasy, just ask the priest to help you. Place your trust in God. Renew your awareness that you are really confessing to Jesus, the Eternal High Priest.
3. Following your confession, say, "I am sorry for these and all my sins."
4. The priest will give you a penance – something to do or pray – as a response to God's mercy and an important part of our healing.
5. Say the Act of Contrition (see back panel).
6. Receive absolution of your sins from the priest.

Jesus, I trust in you!

An Examination of Conscience Based on the Ten Commandments

- 1 I AM THE LORD YOUR GOD: YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.
Have I allowed people, activities, or material possessions to become more important than God in my life?
- 2 YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.
Have my words put down God or the Christian faith? Have I used the Lord's name in anger?
- 3 REMEMBER TO KEEP HOLY THE LORD'S DAY.
Do I attend Mass every Sunday and on Holy Days of Obligation? Do I avoid, when possible, work that stifles my joy for the Lord's Day, and proper relaxation of my mind and body? Do I look for ways to spend time with family or in service to others on Sunday?
- 4 HONOR YOUR FATHER AND YOUR MOTHER.
Do I show my parents due respect? Do I seek to check in with them often and concern myself with their welfare?
- 5 YOU SHALL NOT KILL.
Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind? Have I aided or encouraged someone towards an abortion?
- 6 YOU SHALL NOT COMMIT ADULTERY.
Have I respected the physical and sexual dignity of others and of myself?
- 7 YOU SHALL NOT STEAL.
Have I taken or wasted time or resources that belonged to another?
- 8 YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.
Have I gossiped, told lies, or embellished stories at the expense of another? Is my social media presence giving witness to my Christian faith? Do I live in the truth and avoid falsehoods and lies about myself and others?
- 9 YOU SHALL NOT COVET YOUR NEIGHBOR'S SPOUSE.
Have I honored my spouse with my full affection and exclusive love?
- 10 YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.
Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Note: Portions of this text are from the USCCB's "The Light is On for You" materials

