

# Confession... a Brief Review

Firstly, don't stress out! No one likes to think about things the things we have done wrong...but acknowledging them, owning them and then giving them to God, is totally freeing and an opportunity to begin a new chapter in your life

Reconciliation (also known as Confession or Penance) is a Sacrament instituted by Christ in his love and mercy to offer us forgiveness for our sins. This Sacrament reconciles us to God and his Church.

To make a good Confession, we review our lives since our last Confession, searching our thoughts, words, and actions to discover where we fell short in our relationship with God and our neighbor. We think about "what we have done" and "what we have failed to do". If it has been a while since you have gone to Confession, it may be hard to know where to begin in thinking through what you should bring to this Sacrament.

Before you start, ask the Holy Spirit to help you see the areas of your life that need God's mercy and forgiveness. Additionally, some people like to use an Examination of Conscience to help them. If you did a google search, you would find many versions of the Examination of Conscience. Some are brief and some are quite lengthy. Following is a brief one to assist you:

*Do I cling to my will, my desires, my ways?*

*Have I thanked God for His gifts to me?*

*Did I take the name of God in vain?*

*Am I ashamed to witness to my faith in God to others?*

*Did I curse or take a false oath?*

*Did I miss Mass on Sundays and Holy Days of obligation through my own fault? (for reasons other than sickness, taking care of a loved one or circumstances beyond my control)*

*Am I attentive at Mass?*

*Do I take time for daily prayer?*

*Did I observe the fast and abstinence on the prescribed days?*

*Did I hate or quarrel with anyone, or desire revenge?*

*Did I refuse to forgive? Was I disrespectful? Was I selfish or prideful?*

*Did I get drunk? Did I take illicit drugs?*

*Did I consent to, recommend, or actively take part in an abortion?*

*Was I unfaithful to my spouse? Did I engage in sexual activity outside of marriage?*

*Did I steal or damage another's property?*

*Have I been honest and just in my business relations?*

*Have I been responsive to the needs of the poor and respected the dignity of others?*

*Did I tell lies? Did I judge others rashly in serious matters?*

*Have I envied other people? Did I gossip?*

*Am I able to forgive myself? Do I seek to be humble and to bring peace?*



# Confession Cheat Sheet

*(Remember Father will help you through it!)*

1. Father welcomes you.
2. Begin with Sign of the Cross

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

3. **Bless me Father for I have sinned, it has been \_\_\_\_\_ since my last Confession.**
4. Confess your sins to Father. When you are finished, say **For these and all of my sins I am sorry.**
5. Father will give you a penance.
6. Father will invite you to pray an Act of Contrition (see below)
7. Father will give you absolution by praying:

God, the Father of Mercies, through the death and resurrection of His Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

8. Father will end with “His mercy endures forever” or “Go in peace” or something similar.
9. Don’t forget to complete your penance.

*A prayer of Contrition is one that expresses your sorrow. Below are two options but there are others. More important than the words of the prayer, is the true sorrow in your heart.*

## Prayer 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.

Or

Lord Jesus, Son of God  
have mercy on me a sinner.

