

How to Make a Good Confession!

Examination of Conscience

1. The Ten Commandments
2. Precepts (Commands) of the Catholic Church
3. The Great Commandment

Confession

- Make the Sign of the Cross.
- "Bless me, Father, for I have sinned. This is my first Confession. (or, it has been 'how long' since my last Confession.
- List sins and number of times.
- Father offers counseling.

Penance

- Father will assign Penance to you, a way of making amends for sins committed.

Absolution

- While Father is praying the Prayers of Absolution, the Confessor prays the Act of Contrition.

The Act of Contrition

The Act of Contrition is usually associated with the Sacrament of Confession, but Catholics should also pray it every day as part of their normal prayer life. In it, we acknowledge our sins, ask God for forgiveness, and express our desire to repent.

"O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven, and the pains of Hell; but most of all because I love Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen."

The Sign of the Cross.