

# HOW TO MAKE A GOOD CONFESSION

## Before Confession:

**Examine your conscience:** Reflect on what sins you have committed. It is OK to make a list of your sins to bring with you to confess.

**Feel sorry for all your sins:** Feel **REALLY** sorry that you offended **THE ALL GOOD GOD** by your sins.

**Make a firm resolution** that you'll not sin again. Ask for God's grace to stay firm in that resolution.

## During Confession:

### Confess your sins:

**Say:** *In the Name of the Father, and of the Son and of the Holy Spirit. Amen.*

*Bless me Father, for I have sinned. It has been (say how long) since my last confession. These are my sins.*

(Just say all the sins you are sorry for, without consciously hiding anything and say how many times you committed them. You do not need to tell the whole story of how a sin came about. If you're not sure if something is a sin or not, just ask the priest.)

**After telling your sins, say:** *Father, I am sorry for all these sins and the sins I have forgotten. Please pardon me, Father.*

(Priest may give you advice if necessary and give you the sacramental penance to fulfill and give you absolution. After priest says the absolution prayer, say the Act of Contrition.)

### 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. Amen.

**Priest says:** Go in peace.

**You respond:** Thanks be to God.

## After confession:

Go back to your place and fulfill the sacramental penance and thank God for His mercy and love.

## How to receive the Eucharist



Before you receive the Holy Eucharist, our soul must be free of serious sin. It is good to confess our sins and receive the Sacrament of Reconciliation if we feel unworthy to receive the Body and Blood of Christ.

After the Lamb of God, all are invited to come forward to receive the Eucharist. We usually come forward in a procession or line while a hymn is sung.

Before you receive the body of blood of Christ, you would **bow** to show reverence or respect.

We can receive the host on either the tongue or our hands.

**To receive in our hands, we cup our hands with one on top of the other.** The priest, deacon or extraordinary minister of Holy Communion says, "**The Body of Christ.**"

We answer, "**Amen.**"

The host is then **placed in our hand and we use our bottom hand to pick it up to eat it.**

After we have eaten the host, we **make the Sign of the Cross.**

Next you may receive from the cup. We go to the minister that offers the cup. They will say "**The Blood of Christ.**" We answer, "**Amen.**"

And then return to our places to kneel and pray.

We should remain **kneeling in prayer** until the Eucharist, also known as the Blessed Sacrament is placed in the Tabernacle.

We should receive the Eucharist every time we participate in the Mass.

