

# HELPS IN USING THE SACRAMENT OF RECONCILIATION

*Let us test and examine our ways, and return to the Lord! Let us lift up our hearts and hands to God in Heaven. ~ Lamentations 3:40-41*

## Elements of Making a Good Confession:



THOROUGH examination of conscience since your last confession is necessary.

Inform the priest of the approximate length of time since your last Confession.

Say to the priest: *"Father, forgive me for I have sinned. It has been \_\_\_ years (or months) since my last Confession."*

Confess your serious sins, or mortal sins, as completely as possible, naming them as specifically as possible and with some indication of their frequency. Less serious sins should also be mentioned specifically, but can be mentioned more generally.

In order to receive the effects of forgiveness from your sins, there needs to be a sincere desire to reject the sinful behavior confessed and a willingness to respond to God's grace by attempting to avoid all future sin as well as times when sinning might be too easy to fall into.

*"Father, forgive me for I have sinned."*

Quotes from Scripture that may be helpful in thinking about your sins:

*"Come to me, all you who labor and are heavy burdened, and I will give you rest" (Mt 11:28).*

*"And if a man has a hundred sheep and one of them has gone astray, does he not leave the ninety-nine on the mountains and go in search of the one that went astray?" (Mt 18:12).*

*"God sent the Son into the world, not to condemn the world, but that the world might be saved through him" (Jn 3:17).*

## Act of Contrition:

The Act of Contrition is said after you have confessed your sins to the priest and after he has given you a penance to do.

## An Example:

*Oh my God, I am heartily sorry for having offended you.*

*I detest all of my sins because of your just punishments, but most of all because they offend you, my God, who are good and deserving of all my love.*

*I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.*

Remember: It's completely fine to ask the priest to help you if you don't know what to say.

(CCC 1450-1460)



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