

Celebration of the Sacrament of Reconciliation

Individual Confession And Absolution

How To Go To Confession

- The Priest welcomes the Penitent in the Confessional.
- The Penitent makes the Sign of the Cross.
- The Penitent begins by saying, “Bless me Father for I have sinned, it has been ____ (number of days, weeks, months, etc.) since my last Confession. These are my sins.”
- Confess all mortal sins committed since your last Confession by kind and number. You may also confess any venial sins.
- At the end of your confession say these or similar words: “For these and all the sins of my life I am sorry.”
- The Priest may ask questions for clarification or give you some counsel on a point from your Confession.



- The Priest will give you a penance.
- The Penitent makes an act of contrition in these or similar words:

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all of my sins because of Thy just punishments. But most of all because they offend Thee my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

Examination of Conscience



A period of time may be spent in making an examination of conscience and arousing true sorrow for sins.

Necessary Conditions For A Good Confession

To receive the sacrament worthily, you need the following:

- *Knowledge that you have sinned.*
- *Desire to ask forgiveness.*
- *Desire to let God help you change your life for the better.*

If any of these ingredients are missing, your Confession will not be complete.

The following examination of conscience based on the two great commandments, may be of help to you in naming your sin:

“Love the Lord, your God, with your whole heart, mind, soul and strength.”

- Do I show by my life that God is more important than anything else?
- Do I spend regular time in prayer each day, or pray to God only when I think I need help or I am in trouble?
- Do I faithfully join other parishioners in worshipping God at Sunday Mass? Or, do I let family visits, trips, checking cattle, work, laziness, barbecuing, and making money take precedence over my Sunday worship?
- Do I attend Church only when my child is involved with the celebration?

- Do I show my appreciation to God for all that he has given me: my life, my family, food, property, etc.?
- Do I show by my life-style to my children that God and Church are number one on our family agenda?
- Do I get involved in my parish by giving my time and talents, or do I complain about everything going on in the Parish?
- Do I adequately support my Church financially? And does it measure up to what God has given me?

“Love your neighbor...”

- Who is my neighbor? Are there people I have scratched off my list of loveables?
- Are there people whom I hate, avoid, or barely say “hello” to?
- Have I hurt others physically and/or mentally in moments of destructive anger?
- Have I hurt others’ spirit by cutting remarks, face to face or behind their backs?
- Do I ask for forgiveness when I hurt someone?
- As a parent, am I an example of Christian living for my family?
- Am I honest? Do I pay people what I owe them? Am I fair and truthful with others or do I take advantage of people?
- Do I tend to blame others, rather than accept responsibility for my own actions?
- At work, do I give an honest day’s work for my pay?
- Do I respect the property of others, and refuse to take what does not truly belong to me?

“... as yourself.”

- Do I see myself as God sees me: loveable, in spite of my sin?
- Am I able to name the many gifts God has given me and do I use these gifts to live up to my potential and to help others do the same?
- Do I despair sometimes, and do I spread this misery to others?

And finally ...

- What is the sin or sinful attitude within me that causes the most difficulty in my relationship with God and with my neighbor?

Prayer After Confession

O Jesus, I sincerely thank Thee for having again pardoned me my sins by the merits of Thy divine blood, shed for me on the cross in the midst of the most cruel torments. I know that Thou deservest all my love, and I wish to love Thee with my whole heart and soul; may I never again offend Thee by deliberate sin! I purpose to shun the occasions of sin (especially ...), to mortify my senses, my mind, my feelings, and my will, and to have recourse to Thee at once when temptation forces itself upon me. Thou knowest my weakness; make me share in Thy strength, that I may remain faithful to Thee until the hour of my death. Most holy Virgin Mary, Mother of divine grace, help of Christians, Queen of the clergy, assist me in my struggles; I entrust my soul to Thy loving care. Amen.

Say your penance.

Place the grace you have received and your resolutions under the protection of your heavenly Mother, Mary.



Behold, I make all things new. (Revelation 21:5)