



## EXAMINATION OF CONSCIENCE

It's time to look deeply into yourself and determine where you have sinned. You may use an app for that (there are several to choose from), or a checklist specific to your situation Child, Teen, Single or Married available at Church.



## Enter the Confessional

Begin by saying "Father, forgive me for I have sinned" Then list your sins, and/or areas you wish to discuss. When finished say "Father, that is all!"



## QUESTIONS AND PENANCE

Father will answer your questions, then give you Penance (some prayers to say upon leaving the confessional).



## ACT OF CONTRITION

The Priest will ask you to recite or read the Act of Contrition.

**Oh, My God, I am heartfully sorry for having offended you. I detest all my sins because I fear the loss of heaven and the pains of hell. But most of all because you are infinitely good and deserving of all my love. I firmly resolve with the help of your grace to avoid the near occasions of sin, to amend my life and to do penance.**

Amen



## ABSOLUTION

The Priest will give you absolution of your sins. You may leave to perform your penance.



**STILL UNSURE WHAT TO DO?** Just ask. Father will guide you through the process if you need assistance.

Like most of life, you really just need to show up and everything will work out.

Don't miss this opportunity this Easter season. The Parish goal is to have 50% of the Parish attend confession this year. We would love to hit 100%.

# NOTES FOR CONFESSION:

# RESOURCES FOR CONFESSION:

## APPS:

### For iPhone:

<https://www.apple.com/app-store/>  
Search for Catholic Confession: Several choices will appear.

### For Android Phones:

<https://play.google.com/store/search?q=catholic%20confession%20app&c=apps>

## YOUTUBE VIDEOS: (THERE ARE MANY!)

How to go to confession:  
<https://www.youtube.com/watch?v=gEKVy1SljuY>

How to go to confession:  
[https://www.youtube.com/watch?v=f9ky\\_wzeo4o](https://www.youtube.com/watch?v=f9ky_wzeo4o)

Confession is a Place of Victory  
YouTube  
<https://www.youtube.com/watch?v=YiVjwIU9Sc>

## HANDOUTS

### An Examination of Conscience for:

- Single Persons
- Married Persons
- Teens
- Children

# 5 STEPS TO A FRESH START

