

# A Short Guide to Confession

*Confession is not difficult, but it does require preparation.*

*Before going to the confessional, please review the following. Also, make sure to review these points with your children.*



## IN PREPARATION FOR CONFESSION

- ✘ **Examine your conscience.**
- ✘ **Be sorry for your sins**, including the firm purpose to avoid these and all sins in the future, and to give up all occasions of sin. Without this, the priest cannot take your sins away.

*REMEMBER: Thinking that you may fall again in the future does not negate your good intention here and now - the intention here and now to be done with the sin is sufficient for absolution.*

## WHEN IN THE CONFESSIONAL

- ✘ **Begin** with "Bless me Father for I have sinned, it has been [time] since my last confession. I am [age, status (married with children, single, widow, etc), gender], and these are my sins .."

- ✘ **Confess your sins to the priest** according to their number and kind, beginning with mortal sins.

*REMEMBER: While it is possible that a habit may mitigate the gravity of a sin, we cannot know in each case how this might apply. Therefore, we treat all objectively mortally sins as mortal sin.*

- ✘ **End your confession** with "for these and all my sins I am truly sorry," or words to that effect (the priest should not have to ask you if that is all you have to confess).
- ✘ **Say an Act of Contrition** when the priest asks you to recite it, thinking about the words you are saying, unless you have a question for Father about your confession, his advice or penance, or some other matter appropriately brought up in the confessional - this would be the time to ask it.
- ✘ When the priest finishes giving you absolution, you may say "**Thank you Father,**" or some other suitable closing.



## ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all 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 occasions of sin.

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