

## FIVE STEPS FOR A GOOD CONFESSION

1. Examine your conscience to know your sins (PTO).
2. Be sincerely sorry for your sins.
3. Confess ALL of your sins.
4. With God's help, resolve to change your life.
5. After confession, do the required penance.

### PROCEDURE IN THE CONFESSIONAL

**Sign of the Cross:** In the name of the Father and the Son and the Holy Spirit. Amen.

**Begin by saying:** Bless me Father for I have sinned. It is [say how long since your last confession] since my last confession. These are my sins.

**Tell your sins and ask about any matter which worries you.**  
*If you are unsure about what to do or how to do it, ASK the priest for help.*

**Finish by saying:** For these and all my sins I am very sorry.

*The priest may give advice and indicates the penance to be done.*

**Pray the Act of Contrition:** O my God I am very sorry that I have sinned against You, because You are so good, and with Your grace I will not sin again. Amen

*The priest then says the prayer that absolves you from your sins:*  
God, the Father of mercies, through the death and resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace and **I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit.**

**You answer:** Amen.

**Priest:** Give thanks to the Lord, for He is good.

**Response:** His mercy endures forever.

**Priest:** The Lord has freed you from your sins. Go in peace.

*Leave the Confessional and say your penance.*

Did I deny or ignore God's existence?

Did I refuse to believe God's Revelation or the Church's teaching?

Did I seek fortune telling or believe in reincarnation?

Did I pursue an interest in the occult, seances, new age beliefs?

Did I hide the fact that I was a Catholic?

Was I so depressed that I thought that even God not could help me? (despair)

Did I neglect prayer for a long time? Did I fail to pray daily, or as a family?

Did I blaspheme God or take His name in vain, curse or break an oath or vow?

Did I miss Mass on Sunday through my own fault? How many times?

Did I miss Mass on the holy days of Assumption (August 15) and Christmas?

Am I always reverent & quiet in Church? Am I careless in saying my prayers?

Was I inattentive at Mass? Did I come to Mass late or leave early?

Did I disobey or show disrespect to my parents or legitimate authority?

Have I been honest in paying taxes or fines?

Did I fight or quarrel with other members of my family? Am I resentful?

Have I failed to learn about the Catholic faith? To teach my children?

Did I give bad example or scandal by what I said or did to others?

Was I impatient, angry, envious, jealous, lazy, revengeful, hateful towards others?

Did I abuse drugs, drink alcohol to excess? How often? Did I drive when drunk?

Did I have or advise someone to have an abortion?

Do I approve of "mercy killing"? Have I attempted suicide or abused others?

Did I willfully entertain immoral thoughts and desires? Did I dress immodestly?

Did I use immoral or suggestive language or read immoral books?

Did I deliberately look at immoral (pornographic) TV, plays, videos or movies?

Did I commit impure acts with myself (masturbation)? How many times?

Did I have sexual relations as an unmarried person with a single person

(fornication); with a married person (adultery)? How many times?

Have I used contraceptives or encouraged others? Have I been sterilized?

Did I steal or cheat others? Have I made restitution for stolen goods?

Did I gossip about others? Did I deceive or hurt others by lies?

Was I unkind in thought, word or deed? Did I reveal others' faults and sins?

Have I failed to keep secrets? Have I been faithful to my spouse?

Did I fast and abstain (from meat) on Ash Wednesday and Good Friday?

Did I fail to receive Holy Communion at Easter time?

Have I failed to confess at least once a year?

Did I go to Holy Communion in the state of mortal sin? How many times?

Did I make a bad confession, deliberately omitting to confess all mortal sins.