

CONFESSION MADE EASY

Enter confessional, choose face to face or behind screen.... then begin...



YOU



PRIEST

In the name of the Father, the Son and the Holy Spirit, Amen.

As you make the sign of the cross

GREETING

Welcome. May the Lord be in your heart and help you to confess your sins with true sorrow

Bless me, Father for I have sinned. It has been ... weeks /months / years since my last confession...

Approximate, if you don't remember

I ask God's forgiveness for these sins...

- Then confess your sins, simply and sincerely. No explanation needed. Truly.
- Remember, you are confessing what your sins are, not why you did them.

CONFESSION OF SINS



Priest will usually offer some thoughtful insight and encouragement

He then gives you a penance, a tangible expression of your desire to do better (which is usually to recite a prayer). After which, he will ask if you know an Act of Contrition...

ACT OF CONTRITION



A simple, beautiful Act of Contrition...

"Lord Jesus, Son of God, have mercy on me a sinner."

Or you can say an Act of Contrition you may already know



In Jesus' name, the priest then prays...

I absolve you from your sins in the name of the Father, the Son and the Holy Spirit. Amen.

The priest then invites you to go in peace, having been forgiven by God!

EXAMINATION OF CONSCIENCE

1. I AM THE LORD YOUR GOD, NO OTHERS SHALL YOU WORSHIP

Have I placed other things ahead of my relationship with God? Is God #1 in my life? Do I give God time everyday in prayer? In relation to other things, how much attention and time do I give to God every day?

2. YOU SHALL KEEP THE NAME OF THE LORD HOLY

Is my language questionable or inappropriate? Did I use God's name in vain, lightly, carelessly? Am I ashamed to speak or profess the name of God in conversation?

3. KEEP THE LORD'S DAY HOLY

Have I participated fully in the worship of the Church? Every Sunday? Have I allowed myself to become so dominated by my desires that I have not set aside Sunday for God and family?

4. HONOR YOUR PARENTS

Have I given respect to those in authority and who care for me? Do I fail to "give back", in time and resources to those who sacrificed so much for me? Do I pray for my parents, alive or dead?

5. RESPECT LIFE

Do I honor and give respect to all life, born and unborn? Do I understand life in all its forms is a gift from God? How willing am I to sacrifice my comfort for the care of the earth and its resources?

6. AVOID SINS OF THE FLESH

Do I respect the gift of my sexuality and embrace its magnificence? Have I been faithful to my commitments and my relationships? Did I give my mind over to lustful thoughts or fantasies? Am I guilty of impurity with myself, others?

7. DO NOT STEAL

Have I been honest in my dealings with others? Have I cheated? Do I waste time at work; been extravagant in my lifestyle?

8. SPEAK ONLY THE TRUTH

Have I lied to promote myself or to harm another person's reputation? Do I exaggerate, make up "truths" to bolster my beliefs? Am I critical, uncharitable or negative in my talk?

9. DO NOT COVET YOUR NEIGHBOR

Did I neglect to control my imagination or desire of other people? Have I objectified another and given in to fantasies?

10. DO NOT COVET ANOTHER'S POSSESSIONS

Is my heart greedy? Am I jealous of what other people have? Do I continually compare myself with others? Am I critical, negative or uncharitable in my thoughts of others?

