



WELCOME HOME

A 5-Day Plan for Your Best Confession Ever

OVERVIEW

Welcome to this Vincentian Examination of Conscience in preparation for the Sacrament of Reconciliation. We're going to take 10 minutes each day this week and reflect upon our lives--look at our hearts, examine our choices and desires in light of our call from God to live as saints.

The 5 Vincentian Virtues will be our Guide with the help of the 10 Commandments.

THE PLAN

1. Find out when the Sacrament of Reconciliation (Confessions) is being offered at your parish. Usually it is on a Saturday afternoon. Make a commitment to go. Put it on your calendar.
2. Then on the Monday prior (in the morning) begin the 5 Day Examination. Each day a Virtue will help focus your reflection upon an area of your life for examination in light of the corresponding Commandment(s). A quote from Sacred Scripture will lead you into a few questions to ponder and reflect upon during the course of your day.
3. Before going to bed, write down the one sin, the one failing you've identified from your day's examination that needs to be forgiven. All will be absolved- you are just raising the one that weighs heavier than the others.
4. Tuesday through Friday the process continues with a new Virtue, new Commandment(s) and reflection questions. Each night write the ONE sin from your day's reflection. These are the 5 that will lead you to confession on Saturday.
5. The absolution of God in the sacrament is complete. God does not want a laundry list, he wants your DESIRE to be back Home in forgiveness. Having seen us all week in Examination upon that desire—our Father will embrace you completely, wholly and magnificently in the sacrament. Your best Confession ever!