

How to go to Confession

Make an Examination of Conscience to prepare for Confession

Pray to the Holy Spirit to help you look into your heart:

*Holy Spirit, help me to know how I have loved. Help me to know how I have failed to love.
Help me to be sorry for failing to love. Help me to trust in God's forgiveness. Amen.*

How much do I love God?

- Do I pray to God? How often? Do I think about God when I pray?
- Do I say God's name with love? Have I used God's name in the wrong way?
- Have I missed Mass on Sundays? Have I caused my family to be late to Mass?

How much do I love others?

- Do I obey my parents and people who take care of me?
- Am I kind and loving to my family and others? Have I hurt anyone? Do I call other people bad names or make fun of them? Was I too selfish to share or help others?
- Have I wanted someone else's things so much that I am no longer happy and thankful for what I have?
- Do I treat my body and the bodies of others with respect?
- Am I honest? Have I taken something that was not mine?
- Do I tell the truth? Have I told any lies to anyone?

Going to Confession (receiving the Sacrament of Reconciliation)

Go to the Priest in the Confessional and kneel or sit.

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

You: *Bless me, Father, for I have sinned. It has been _____
since my last Confession. These are my sins _____.*

(The Priest will give you your Penance, then say an Act of Contrition.)

Act of Contrition: O my God, I am heartily sorry for having offended You and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

