

Individual Confession:

Penitent: Bless me Father for I have sinned.
It has been __ (Tell how long) __ since
my last confession.

These are my sins.

(Now confess all of the sins you have
committed since your last confession.
When you have finished confessing your
sins, say:)

That is all Father.

(Now you listen to the words, advice and
Penance that the priest will give you, and when
the priest tells you to, say the **Act of Contrition.**)

**O my God, I am heartily sorry for having
offended you and I detest all my sins because
of your just punishments, but most of all
because they offend you, my God, who art all
good and deserving of all my love. I firmly
resolve, with the help of your grace, to sin no
more and avoid the near occasions of sin.
Amen.**

The Absolution:

The priest extends his hand over the
penitent's head and says the words of absolution
(forgiveness). When the priest makes the sign of
the cross over you, bless yourself and say,
AMEN.

The Dismissal:

Priest: The Lord has freed you from your
sins, go in peace.

Penitent: Amen. Thank you. Father.



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A Guide to Confession

Experience the Mercy of God



Five Steps for a Good Confession

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins.
4. Resolve to amend your life.
5. After your confession, do the penance the priest assigns.

Don't be hasty — Don't be superficial —
Avoid anxiety

A More Thorough Examination of Conscience for Adults

(The first step to a good confession is to examine your conscience. The list below is based on the Ten Commandments and the teachings of the Church. You may find this list helpful in your Preparation for Sacramental Confession. If you have questions about anything listed here, please feel comfortable to speak to the priest.)

Did I deny of doubt God's existence?

Did I refuse to believe in God's revelation?

Did I believe or partake in fortune telling, tarot cards, good luck charms or reincarnation?

Did I deny that I was a Catholic? Did I leave the Catholic faith?

Did I despair of or presume on God's mercy?

Did I neglect prayer for a long time?

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

Did I miss Mass of Sunday or Holy Day of Obligation through my own fault?

Was I inattentive at Mass? Did I come to Mass late?

Did I leave Mass early?

Did I observe the Lord's Day by prayer and rest?

Did I disobey or disrespect my parents or legitimate superiors?

Did I neglect my duties to my husband, wife, children, or parents?

Did I fail to actively take an interest in the religious education and formation of my children?

Have I failed to educate myself on the true teachings of the Church?

Did I give a full day's work in return for my full day's pay?

Did I give a fair wage to my employee?

Did I give scandal by what I said or did, especially to the young?

Was I the cause of anyone leaving the faith?

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

Did I give a bad example, abuse drugs, drink alcohol to excess, fight or quarrel?

Did I physically injure or kill anyone?

Did I attempt suicide?

Did I advise or have an abortion?

Did I willfully entertain impure thoughts and desires?

Did I dress immodestly?

Did I use impure or suggestive words? Tell impure stories? Or listen to them?

Did I deliberately look at impure images by TV, internet, or movies?

Did I perform impure acts by myself or with another, i.e., did I engage in masturbation, pre-marital sex or homosexual acts?

Did I marry or advise another to marry outside the church?

Did I abuse my marriage rights? Was I faithful to my wedding vows?

Have I kept company with someone else's spouse?

Did I practice artificial birth control or was I or my spouse sterilized?

Did I attempt *in vitro* fertilization?

Did I steal, cheat, help or encourage others to steal, or keep stolen goods? Have I made restitution for stolen goods?

Did I fulfill my contracts; give or accept bribes: pay my bills and my taxes; rashly gamble or speculate; deprive my family of necessities of life?

Did I tell lies? Deliberately deceive; or injure other by lies?

Did I commit perjury? Was I uncharitable in word or deed, gossip or reveal others' faults and sins? Fail to keep secrets I should have?

Did I eat meat on the Fridays of Lent or Ash Wednesday?

Did I fulfill my Easter duty? Fail to confess at least once a year?

Did I go to Holy Communion in the state of mortal sin? Did I fast for one hour from food and drink?

Did I make a bad confession?

Did I fail to contribute to the support of the Church?

*While we were still sinners,
Christ died for us.*

Romans 5:8