

Act of Contrition

*Oh my God I am heartily
sorry for having offended
you, and I detest my sins
above every other evil
because they displease you
my God, who are so deserving
of all my love, and I firmly
resolve with the help of your
Grace never to offend you
again.*

Amen

Act of Contrition

*Oh my God, I thank you for
loving me, I am sorry for all my
sins, for not loving others and
not loving you. Help me to live
like Jesus and
not to sin again.*

Amen

And remember...

When you go to confession, you are meeting God, who died for your sins on the cross, to assure you of how much he loves you. The priest takes the place of Christ. When the priest absolves you, it is in fact Christ himself who wipes out all your sins and makes them as if they had never been. There is no sin so great that it cannot be forgiven. The sign of your sincerity will be your intention to try to live a better life.

In some cases, where your sins have damaged someone else, it will be worth thinking how best you can make-up for that. It can be helpful to ask the priest for guidance in this area. Regular confession is a good way of keeping healthy in soul and attaining inner peace.

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The Joy of **Confession**

*Those who make a good confession,
with their sins absolved,
experience a twofold joy*

- A) The burden of their past sins is lifted from them.
- B) They can walk again with God as his friend.



*To those who have been far away from
the Sacrament of Reconciliation
(confession) and forgiving love, I make
this appeal: come back to this source of
grace, do not be afraid! Christ himself is
waiting for you. He will heal you, and
you will be at peace with God!"*

(John Paul II)

"How do I make a good confession?"

Pray and ask God to dispose your heart properly. Ask for the gift of honesty and for the gift of genuine repentance. Ask him for the grace to live the new life of a child of God.

When you go before the priest make the sign of the cross, you could say 'Bless me Father for I have sinned,' and then tell him how long since your last confession. It may also help the priest if he knows what your state in life is, married or single, priest/religious etc. Tell him your sins simply and humbly and when you've finished, conclude with a phrase such as "for these and for any other sins I cannot recall, I ask pardon." The Priest will then say a few words of encouragement and give you penance to do afterwards. You then say your Act of Contrition and the priest will absolve you from your sins in the name of Christ.

After Confession

Give thanks to God for forgiving you and do the penance you were given. If you recall some serious sin you forgot to tell, rest assured that it has been forgiven with the others, but be sure to confess it in your next confession.

Examination of Conscience

A good examination of conscience will help you make a good confession. The following reflection on the 10 commandments may help you.

The Ten Commandments

1. I am the Lord your God. You shall not have other gods besides me.

Focus: Are God and prayer prominent in my life? Do I stand up for my faith in God and His Church?

2. You shall not take the name of the Lord, your God, in vain.

Focus: Using God's name disrespectfully; cursing others in God's name.

3. Remember to keep Holy the Sabbath Day.

Focus: Attendance at Mass on Sundays and Holydays.

4. Honour your father and mother.

Focus: Honouring and caring for parents. Respect for proper authority. Respect between spouses. Proper religious education of children.

5. You shall not kill.

Focus: Anger, hatred, vengeance, destruction of life through murder, abortion, euthanasia and driving dangerously. Scandal in leading others to do evil. Use or distribution of illegal drugs. Racial hatred. Holding grudges. Violence.

6. You shall not commit adultery.

Focus: Conjugal infidelity, sex before marriage, impurity, contraception, pornography.

7. You shall not steal.

Focus: Theft, destruction of property, refusing to share goods with the poor (alms), fraud, dishonesty at work, irresponsible drinking or gambling.

8. You shall not bear false witness against your neighbour.

Focus: Harming others by lies, rash judgement, swearing falsely (perjury), deliberately telling the truth to harm another (detraction), gossiping.

9. You shall not covet your neighbour's wife.

Focus: Wilful, lustful desires, immodest dress.

10. You shall not covet your neighbour's goods.

Focus: Envy, greed, sadness at sight of another's riches, goods, begrudgery. Do I think of the poor?