

HOW TO GO TO CONFESSION

Prepare to make a good confession by examining your conscience. You may use the examination at the bottom of the page.

Prayer Before Confession

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and with a contrite heart. Help me to firmly resolve not to commit them again. O Blessed Virgin, Mother of my Redeemer, intercede for me through the Passion of Your Son, that I may obtain the grace to make a good confession. Amen.

Rite of Reconciliation

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

Penitent: Bless me, Father, for I have sinned. It has been (how long?) since my last confession, and these are my sins: (confess your sins).

Priest: (gives you a penance)

Penitent: (Pray the Act of Contrition):

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly plan, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us.

In His name, my God, have mercy. Amen

Priest: (gives you absolution for your sins)

Penitent: (recite or do your penance as soon as possible)

Examination of Conscience for a Good Confession

1. I AM THE LORD YOUR GOD: YOU SHALL NOT HAVE STRANGE GODS BEFORE ME. Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless in saying my prayers? Do I give God time everyday in prayer? Have I been involved in Ouija boards, Tarot cards, and the occult?

2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN. Did I curse or swear? Did I use God's Name in vain, lightly, carelessly, by blasphemy? Have I used foul language or jokes?

3. REMEMBER TO KEEP HOLY THE SABBATH. Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I leave Mass early without a good reason? Did I receive Holy Communion in the state of serious sin? In any of my previous confessions, did I lie to or deliberately conceal something from the priest? Did I do unnecessary work on Sunday?

4. HONOR YOUR FATHER AND YOUR MOTHER. Did I honor and obey my parents? Have I respected my brothers and sisters? Have I respected those with lawful authority, including teachers, bosses and civil authorities? Have I talked back? Did I fail to help at home or to spend time with my family?

5. YOU SHALL NOT KILL. Did I give in to feelings of anger or jealousy? Did I keep hatred in my heart? Did I fight, give a bad example or cause scandal? Have I abused alcohol or drugs? Have I had or in any way permitted or encouraged abortion? Have I thought about suicide? Do I avoid gluttony?

6. YOU SHALL NOT COMMIT ADULTERY. Did I consent to impure glances? Sinful touches? Was I immodest in dress or behavior? Did I look at pornography, impure books, magazines, or videos? Am I guilty of masturbation? Have I engaged in pre-marital sex, or adultery? Have I used artificial contraception such as pills or devices? Do I live chastely according to my state in life (married, single, religious and ordained)? Do I avoid occasions of impurity?

7. YOU SHALL NOT STEAL. Have I stolen what is not mine? What or how much? Did I return it or make up for what I have stolen? Have I cheated on tests, homework or taxes? Did I waste time at work? Have I avoided laziness, idleness?

8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR. Have I lied or gossiped? Have I talked about another behind his back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept confidential? Am I critical, negative or uncharitable in my talk?

9. YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE. Have I consented to impure thoughts? Have I encouraged them by stares, curiosity or impure conversations? Did I neglect to control my imagination or desire other people?

10. YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS. Is my heart greedy? Am I jealous of what another has? Am I envious of others because I don't have what they have? Am I moody or gloomy? Do I work, study, and keep busy to counter idle thoughts? Am I critical, negative or uncharitable in my thoughts of others? Is my heart set on earthly possessions or on the treasures of Heaven?