



STEP BY STEP CONFESSION GUIDE

As Pope Francis said,
"Do not be afraid of Confession!"
The Sacrament of Reconciliation
Is a gift to YOU from Jesus

1. Quiet Yourself. Pray to the Holy Spirit to help you.

Then examine your conscience.
Plan what you will share with the priest.

*Ponder on the 10 Commandments or
use a good examination of conscience.*



2. After the priest greets you make the sign of the cross and say: "Bless me, Father for I have sinned. It has been (state how long) since my last Confession. These are my sins."

The Priest invites the penitent to have trust in God, in these or similar words. "May God, who has shown his light in our hearts grant that you may truly know your sins and his mercy."

You respond: Amen.

3. The reading of the Word of God (optional)

4. Share your sins simply and honestly to Jesus who acts through the priest.

Feel Free to explain why you did what you did, or if asked to by the priest.



5. Listen to the advice the priest gives you & remember the penance he gives you to do.

Then say the Act of Contrition:

Oh my God, I am sorry for my sins with all my heart.
In choosing to do wrong & failing to do good,
I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, & to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered & died for us.
In His name, my God, have mercy. **Amen.**

5. The priest will then offer you absolution and dismiss you.

A priest will say: "Give thanks to the Lord for He is good."

You respond: "For His mercy endures forever."

"The Lord has forgiven your sins. Go in peace."

You respond: "Thanks be to God."

Saved
by
Grace
Through
Faith



6. Complete your penance right away when you have time to fulfil the requirement of the sacrament.

Then thank God for his mercy.

ST FRANCIS XAVIER
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Examine of Conscience from 10 Commandments

First: "I am the Lord your God, you shall not have strange gods before Me."

Have I been ashamed of or denied my faith in front of others? Have I ridiculed the teachings or practices of the Church? Have I neglected my prayers? Have I used Occult practices? Have I practiced forms of superstition like fortune tellers, mediums, ouija boards, tarot cards?

Second: "Do not take the name of the Lord in vain."

Do I use God's name carelessly, in anger, or in surprise? Have I called down evil upon anyone or anything?

Third: "Keep holy the Sabbath Day."

Have I, through my own fault, failed to come to Mass each week and every Holy Day of Obligation? Do I arrive at Mass late or leave early without good reason? Do I get distracted at Mass?

Fourth: "Honor your father and mother."

Have I disobeyed my parents or treated them with disrespect? Am I impolite, or discourteous toward my family? Have I been helpful in my home? Am I disrespectful toward the elderly? Am I disobedient to the civil law or to those in authority such as the police? Have I neglected my work or my studies?

Fifth: "You shall not kill."

Have I mutilated my body or attempted suicide or seriously consider thoughts of suicide? Do I act violently by fighting or hurting others? Have I had thoughts of hatred toward another? Have I taken illegal drugs or abused prescription drugs? Do I neglect to take proper care of my body? Do I eat too much, or sleep too much? Do I drink alcoholic beverages in excess? Have I taken revenge? Do I act rudely, impolitely, or ridicule others? Have I been guilty of the sin of racism? Am I cruel to animals?

Sixth & Ninth: "Do not commit adultery. Do not covet your neighbors wife."

Have I desired or done impure things? Have I taken pleasure in impure thoughts or desires? Have I read material, listened to music, or looked at images that are impure? Do I use artificial contraception whether surgical, barrier or chemical methods? Have I dressed immodestly or been too concerned with the way I look?

Seventh & Tenth: "You shall not steal. Do not covet your neighbor's goods."

Have I taken anything that was not my own? Have I damaged private or public property or defaced it by vandalism? Have I accepted or bought stolen property or helped someone to steal? Have I bribed someone? Do I gamble excessively? Have I failed to return something I borrowed? Do I waste money or spend it extravagantly? Have I harbored a greed for money or worldly possessions? Do I waste goods or food? Have I cheated?

Eighth: "You shall not bear false witness against your neighbor."

Have I lied deliberately? Have I slandered others by attributing to them sins they did not commit or of which I had no evidence?

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