

# CONFESSION MADE EASY

ADULTS

YOU      PRIEST

In the name of the Father and of the Son and of the Holy Spirit

*As you make the sign of the Cross*



1

May the Lord be in your heart and help you to confess your sins with true sorrow

Bless me Father for I have sinned, it has been.... weeks/months/years since my last confession

*Approximate, if you don't remember*

My sins are...

*Confess your sins, simply and sincerely*

2

*The Priest gives some advice*

...

*He gives you a penance, which is usually to recite a prayer*

3

*You express contrition saying*

Lord Jesus, Son of God, have mercy on me a sinner

*Or you can say an act of contrition you may know*

4



*In Jesus' name, the priest then says*

I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit

*He then invites you to go in peace, having been forgiven by God.*

5

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## ADULTS

***Confession is your chance to ask God for forgiveness and receive His mercy. Before you enter the confessional, take a few moments to gather your thoughts and think about what you may have done to hurt others and what you can do better as a Christian. A sincere Confession is a chance to renew your soul and open yourself to the Grace of God. The following questions are to help you reflect upon what you need mercy for.***

- Have I rejected or neglected my faith? Have I refused to defend my faith, or been embarrassed of it? Is there any aspect of my faith that I do not accept?
- Have I taken the Lord's name in vain? Have I experimented with the occult or put my trust in fortune-tellers or horoscopes? Have I shown disrespect for holy things, places or people?
- Have I missed Mass on Sundays or Holy Days of Obligation?
- Have I received Holy Communion with a grave sin on my conscience?
- Have I received Holy Communion without proper reverence or thanksgiving?
- Have I been impatient, angry or jealous?
- Have I fostered resentments or been unwilling to forgive?
- Have I taken part in or encouraged abortion, the destruction of human embryos, euthanasia or any other means of taking human life?
- Have I been hateful or judgemental in thoughts or deeds? Have I looked down on others?
- Have I spoken badly about others, engaging in gossip?
- Have I consumed alcohol excessively or taken drugs?
- Have I looked at pornographic videos or websites? Have I been involved in impure behaviour with myself or with someone else? Am I living with someone as if I were married when I am not?
- If I am married, do I seek to love my spouse above all else? Do I put my marriage first? My children? Am I open to welcoming new life?
- Do I let my work occupy time and energy that family and friends deserve?
- Have I been proud or selfish in my thoughts or actions? Have I neglected the poor and those in need? Have I spent money on my own personal comfort and luxury, forgetting my responsibilities to others and the Church?
- Have I told lies? Have I been honest and diligent in my work? Have I stolen or cheated anyone at work?
- Have I given in to laziness? Have I preferred physical comfort to service of others? Have I neglected the responsibility to bring others closer to God through example and word?