

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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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?