



How to Confess Your Sins

1. Greet the Priest (“Hello Father” is fine)
2. Together, make the Sign of the Cross
3. Say: “Bless me Father, for I have sinned. It has been (how long?) since my last confession.”
4. Tell him your sins, in kind and number
5. The Priest may advise you
6. He will then give you some type of penance (this could be prayers, or perhaps an assignment for you to do)
7. Pray an Act of Contrition:
O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.
8. The Priest will extend his hand and say the words of absolution
9. You can thank him and leave
10. Complete your penance as soon as possible, and give thanks to God.

Examination of Conscience

1. Have God and the pursuit of sanctity in Christ been the goal of my life? Have I denied my faith? Have I placed my trust in false teachings or substitutes for God? Did I despair of God’s mercy?
2. Have I avoided the profane use of God’s name in my speech? Have I broken a solemn vow or promise?
3. Have I honored every Sunday by avoiding unnecessary work, celebrating the Mass (also holy days)? Was I inattentive at, or unnecessarily late for Mass, or did I leave before Mass has ended? Have I neglected prayer for a long time?
4. Have I shown Christ like respect to parents, spouse, and family members, legitimate authorities? Have I been attentive to the religious education and formation of my children?
5. Have I cared for the bodily health and safety of myself and all others? Did I abuse drugs or alcohol? Have I supported in any way abortion, “mercy killing,” or suicide?
6. Was I impatient, angry, envious, proud, jealous, revengeful, lazy? Have I forgiven others?
7. Have I been just in my responsibilities to employer and employees? Have I discriminated against others because of race or other reasons?
8. Have I been chaste in thought and word? Have I used sex only within marriage and while open to procreating life? Have I given myself sexual gratification? Did I deliberately look at impure TV, pictures, reading?
9. Have I stolen anything from another, from my employer, from government? If so, am I ready to repay it? Did I fulfill my contracts? Did I rashly gamble, depriving my family of necessities?
10. Have I spoken ill of any other person? Have I always told the truth? Have I kept secrets and confidences?
11. Have I permitted sexual thoughts about someone to whom I am not married?
12. Have I desired what belongs to other people? Have I wished ill on another?
13. Have I been faithful to sacramental living (Holy Communion and Penance)?