

### 3. ACT OF CONTRITION (OR SORROW)

Say the Act of Contrition. ...

“O 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 intend 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.”

### 4. ABSOLUTION

(your sins are forgiven)

Priest: “God, the Father of mercies, through the death and resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and **I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.**”

Penitent: “Amen.”



### 5. BLESSING AND DISMISSAL

Priest: “Go in peace. May God bless you.”

Penitent: “Thank you, Father.”

### 6. LEAVE THE CONFESSIONAL AND COMPLETE YOUR PENANCE

Thank God for His goodness and mercy; and do not think again about the sins you have confessed; they are gone forever!

The penance the priest has given you is your way of cooperating with God’s grace to help heal the wounds your sins have caused, in your relationship with God, with others, and within yourself.



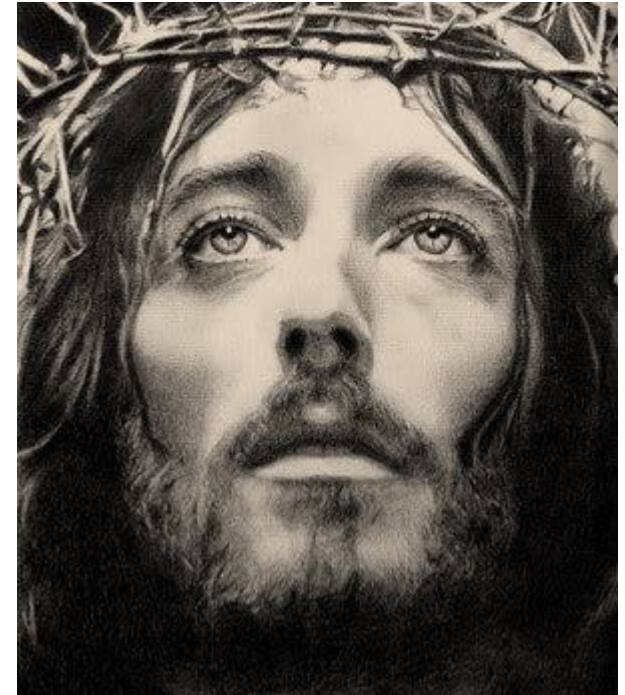
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**“I CAME THAT  
THEY MIGHT  
HAVE LIFE ...”**



**“AND HAVE IT  
ABUNDANTLY.”**

***John 10:10***

***A GUIDE TO THE  
SACRAMENT OF CONFESSION***

## PSALM 51:

HAVE MERCY ON ME, O GOD,

according to thy steadfast love;

according to thy abundant mercy blot out my transgressions. Wash me thoroughly from

my iniquity, and cleanse me from my sin!

For I know my transgressions, and my sin is ever before me. Against thee, thee only, have

I sinned, and done that which is evil in thy sight, so that thou art justified in thy sentence

and blameless in thy judgment.

Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, thou

desirest truth in the inward being; therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill

me with joy and gladness; let the bones which thou hast broken rejoice. Hide thy face from

my sins, and blot out all my iniquities. Create

in me a clean heart, O God, and put a new and upright spirit within me. Cast me not

away from thy presence, and take not thy holy Spirit from me. Restore to me the joy of

thy salvation, and uphold me with a willing spirit. Then I will teach transgressors thy ways,

and sinners will return to thee.

## 1. EXAMINE YOUR CONSCIENCE

Ask God to help you remember your sins and make a good confession.

### FIRST COMMANDMENT

Have I denied God's existence?

... loved someone or something more than God?

... refused to accept the teachings of God and His Church?

... engaged in superstitious or occult practices (horoscopes, fortune tellers, ouija boards, witchcraft, etc.)?

... hidden a serious sin in Confession?

... despaired of my salvation or the forgiveness of my sins?

### SECOND COMMANDMENT

Have I used the name of God in cursing or blasphemy?

... hurt others with words?

... behaved irreverently in church?

### THIRD COMMANDMENT

Have I missed Mass on Sunday or Holy Days without good reason?

... received Holy Communion in a state of mortal sin?

... eaten or drank within an hour of receiving Communion (other than for medical reasons)?

... left Mass early without good reason?

... set aside time to pray to God each day?

### FOURTH COMMANDMENT

Have I honored my mother and my father?

... disobeyed someone with rightful authority over me?

### FIFTH COMMANDMENT

Have I seriously considered, attempted, or committed the unjust killing of a human being?

... participated in or contributed to an abortion?

... considered or attempted suicide?

... recklessly endangered my own or another's safety?

... hated or mistreated another person, or wished evil on him?

... unjustly discriminated against others?

... over-eaten?

... treated animals cruelly?

## SIXTH COMMANDMENT

Have I committed adultery?

... dressed immodestly?

... looked at pornography or looked at people in a lustful way, or harbored impure thoughts?

... thought, acted, or spoken in an impure way?

## SEVENTH COMMANDMENT

Have I stolen?

... deliberately defaced or destroyed or lost another's property?

... cheated?

## EIGHTH COMMANDMENT

Have I lied?

... deliberately deceived someone?

... gossiped?

... judged someone?

## NINTH & TENTH COMMANDMENTS

Have I envied another's spouse?

... envied others for their belongings?

... failed to be thankful for all God has blessed me with and done for me?

## 2. CONFESSION

Begin with the sign of the cross. Then say: "Bless me, Father, for I have sinned. It has been \_\_\_\_\_ since my last confession."

Tell your sins. You only need to name the sin and state how often you have committed it. (There's no need to go into great detail.) It is necessary to confess all mortal sins you are aware of. You may also confess a few venial sins or recurring habits of sin.

When finished, say: "For these sins, and all the sins of my past, I am truly sorry. Amen."

The priest may talk with you about your sins. Then he will give you a Penance.