

## LENT Confession Schedule

Saturdays: 3:00-4:00pm (see below)  
Wed, Mar 16: 5:00-8:00pm  
Sat, Mar 18 & 25, Apr 1: 2:00-4:00pm  
Mon, Apr 3: 7:00-8:00pm

# A GUIDE TO CONFESSION

(take this with you ... it's really okay)



## BEFORE YOU GO

Examine your conscience, that is, reflect on what sins you've committed. To guide you, just Google "examination of conscience" and you'll find resources to help you. It's even all right to make a list to bring with you if that helps.



## INTRODUCTION

When you come before the priest, begin by making the Sign of the Cross (praying the words out loud), and continue by saying, "Bless me, Father, I have sinned. It has been (how long) since my last confession. These are my sins..."



## CONFESSION

List the sins you've committed that came to mind during your examination of conscience. Don't be too general ("I haven't been a good person"), but a lot of detail isn't necessary (you don't need to tell the whole story of how a sin came about). If you're not sure if something is a sin, ask the priest. This isn't counseling, so unless you ask, the priest likely won't give you advice. He'll just move on to ...



## PENANCE

The priest will suggest something for you to do or pray as a response to God's mercy. You'll have to remember what this is and do it after the confession is over, so pay attention.



## ACT OF CONTRITION

The priest will then ask you to pray out loud your "Act of Contrition," to demonstrate your sorrow for your sins: "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."



## ABSOLUTION

Don't get up to leave after that prayer, because the best part is yet to come: The priest will extend his hands in your direction and he will pray the Prayer of Absolution: "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 grant 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. Amen." You respond: "Amen."



## CONCLUSION

The priest will then likely say something like, "God has freed you from your sin. Go in Peace." To which you can respond: "Thanks be to God." Don't forget to do your penance. If it is saying certain prayers, it's best to do it right away in the church before you forget.

## **EXAMINATION OF CONSCIENCE (based on 10 Commandments)**

### **1. *I am the Lord your God. You shall not have strange gods before me.***

- Do I give God time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved with superstitious practices or have I been involved with the occult?
- Do I seek to surrender myself to God's word as taught by the Church?
- Have I ever received communion in the state of mortal sin?
- Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?
- Are there other "gods" in my life? Ex: Money, Security, Power, People

### **2. *You shall not take the name of the Lord your God in vain.***

- Have I used God's name in vain: lightly or carelessly?
- Have I been angry with God?
- Have I wished evil upon any other person?
- Have I insulted a sacred person or abused a sacred object?

### **3. *Remember to keep holy the Lord's Day.***

- Have I deliberately missed Mass on Sundays/Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest?
- Do I do needless work on Sunday?

### **4. *Honor your father and your mother.***

- Do I honor and obey my parents?
- Have I neglected my duties to my spouse and children?
- Have I given my family good religious example?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirm relatives?

### **5. *You shall not kill.***

- Have I had an abortion or encouraged anyone to have an abortion?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading him or her into sin?
- Have I been angry or resentful?
- Have I harbored hatred in my heart?
- Have I mutilated myself through any form of sterilization?
- Have I engaged, in any way, in sins against human life such as artificial insemination or in vitro fertilization?
- Have I participated in or approved of euthanasia?

### **6. *You shall not commit adultery.***

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Have I used any method of contraception or artificial birth control in my marriage?
- Have I been guilty of masturbation?
- Have I respected all members of the opposite sex, or have I thought of other people as mere objects?
- Have I been guilty of any homosexual activity?
- Do I seek to be chaste in my thoughts, words, actions?
- Am I careful to dress modestly?

### **7. *You shall not steal.***

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen?
- Do I waste time at work, school, and home?
- Do I gamble excessively, thereby denying my family of their needs?
- Do I pay my debts promptly?
- Do I seek to share what I have with the poor?
- Have I cheated anyone out of what is justly theirs, for example creditors, insurance companies, big corporations?

### **8. *You shall not bear false witness against your neighbor.***

- Have I lied? Have I gossiped?
- Do I speak badly of others behind their back?
- Am I sincere in my dealings with others?
- Am I critical, negative or uncharitable in my thoughts of others?
- Do I keep secret what should be kept confidential?
- Have I injured the reputation of others by slanders?

### **9. *You shall not desire your neighbor's wife.***

- Have I consented to impure thoughts?
- Have I caused them by impure reading, movies, television, conversation or curiosity?
- Do I pray at once to banish impure thoughts and temptations?
- Have I behaved in an inappropriate way with members of the opposite sex: flirting, being superficial, etc.?

### **10. *You shall not desire your neighbor's goods.***

- Am I jealous of what other people have?
- Do I envy the families or possessions of others?
- Am I greedy or selfish?
- Are material possessions the purpose of my life?