

HOW TO MAKE A GOOD CONFESSION

The Sacrament of Penance and Reconciliation (also known as confession) is one of two sacraments of healing. The Sacrament of Penance is God's gift to us so any sin committed after Baptism is forgiven. It gives us the opportunity to repent and return to good graces and friendship with God and the Church.



1

Trust in God

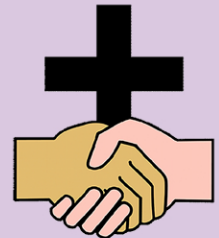
Be honest with God and with yourself. You don't have to hide anything. Remember that God wants to bless you with his forgiveness. **Start with an Examination of Conscience.**



2

Find a Church

Search our online directory at catholicnh.org



3

Greet the Priest

Make the sign of the cross. Say "Bless me Father, for I have sinned. My last confession was..."



4

Confess Your Sins

Tell the priest about your sins. They will walk you through the process. If you're uneasy or need help - just ask.



5

Say "I'm Sorry"

Following your confession, say "I am sorry for these and all of my sins."



6

Accept Your Penance

The priest will offer a penance, which will help you renew your life with God and your resolve to be a better Catholic.



7

Act of Contrition

Say an Act of Contrition to express sorrow for your sins.



8

Be Absolved

The priest will absolve or forgive you of your sins.



9

Go in Peace

Go forth renewed and sin no more. You are forgiven and God rejoices.



Examination of Conscience

An examination of conscience is an assessment of one's past thoughts, words and actions for the purpose of recognizing the fact that they obeyed or disobeyed the moral law. In other words, an examination of conscience helps you to identify the moments in your life where you have pleased God with your virtue or where you have fallen into sin. If you examine your conscience to unveil and reflect on your sins, you can then bring those unveiled sins before God in the Sacrament of Penance and Reconciliation and ask for His forgiveness. It is a basic requirement for good confession to have the intention of returning to God with your whole heart, and to acknowledge your sins with true sorrow before the priest, who is there to remind you of Jesus Christ. (www.goodconfession.com)

Here are some questions to get you started:

- What have I avoided?
- What have I done that is good?
- Have I been a Christian witness to those with whom I work or associate?
- Have I had proper Christian concern for the poor and needy?
- Have I been arrogant and stubborn?
- Have I felt sorry for myself or nurtured self-pity?
- Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentment toward God?
- Have I read the bible?
- Have I studied the truths of our faith and allowed them to become more a part of the way I think and act?

Find more information and questions concerning the Examination of Conscience at:

www.goodconfession.com

www.usccb.org

An act of contrition

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.

THE *light* IS ON FOR *you*
Experience God's mercy

