

## **Going to Confession**

1. Find out when Confession is available (or make an appointment with a priest).
2. Make the sign of the Cross with the Priest. Then you can speak in your own words or you can say:

***Bless me Father for I have sinned. My last confession was (weeks/months/years) ago, and these are my sins.***

3. Now tell the priest your sins (be sure to mention all the sins you can remember in type and number - be honest with yourself and the priest. Remember not to hide your sins). After you have finished saying all your sins you can say:

***I am sorry for all these sins and for any I cannot now remember.***

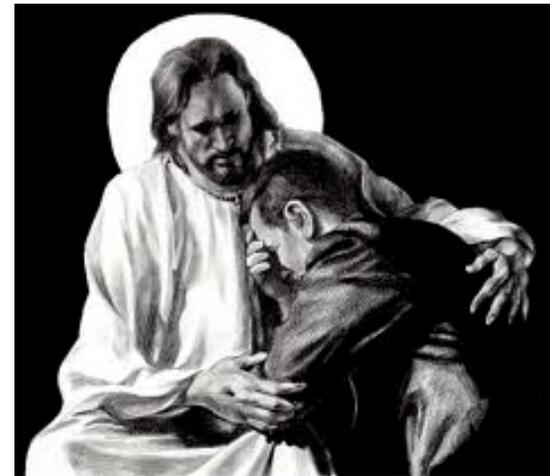
4. The priest will then talk to you about your sins. Be sure to listen to his words of encouragement and advice. When he has finished he will ask you to do a penance. You can ask him questions if there is anything you do not understand. Then he will ask you to make an Act of Contrition such as:

***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.***

5. Wait while the priest says the Prayer of Absolution over you. This is where Jesus, acting through the priest, forgives all your sins. Make the Sign of the Cross as the priest concludes the Prayer of Absolution. When he is finished say ***“Thanks be to God.”***
6. You can now leave the Confessional knowing your sins are truly forgiven. Remember to do your penance as soon as possible.

If you are nervous or afraid, say a prayer to Jesus asking him to help you. Remember that it is Jesus whom you are talking to in the confessional and He is always there with open arms.

## **Merciful Redeemer Parish**



### **Guide to Confession**

### **Adult**

#### ***Merciful Redeemer Confession Times***

Saturday 4:00 pm to 4:45 pm,  
Tuesday 6:00 pm to 6:45 pm,  
First Friday's 11:15 am – 12:00 pm  
or Anytime by Appointment

## ***Examination of Conscience***

An examination of Conscience has the purpose of helping you to reflect upon your actions to see when you may have turned away or distanced yourself from Jesus. Take time to reflect upon each question.

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

- Do I give time every day to God in prayer?
- Do I put my trust in the occult (superstitions, horoscopes, fortune telling, good luck charms, ouija boards) rather than God alone?
- Have I rejected any Church teaching or denied that I was a Catholic? Have I refused to learn more about the Catholic faith?
- Do I seek to love God with my whole heart and soul? Does he truly hold the first place in my life?
- Have I told a lie in confession or deliberately withheld confessing a mortal sin?

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

- Have I used the words "God" or "Jesus" in anger or irreverently or carelessly?
- Have I used foul or ugly language?
- Have I wished evil on another?
- Have I shown disrespect for any holy things, places or people?
- When I received Holy Communion, have I done so without reverence, care or thanksgiving?

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

- Have I deliberately missed Mass on Sunday or any holy day of obligation?
- Do I arrive at church late or leave early?
- Do I try to be reverent and pay attention during Mass?
- Do I avoid unnecessary work on Sunday?
- Do I make Sunday a day of prayer or rest?

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

- Do I respect my parents? Do I care for them in their old age?
- Have I dishonored or mistreated my parents by word or action?
- Have I neglected my family responsibilities to spouse and children?
- Do I try to get along with my brothers and sisters?
- Is my family life centered around Christ and his teachings?
- Do I respect others in authority: Bishops, priests, religious sisters/brothers, neighbours, police and the elderly?

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

- Have I murdered or physically harmed anyone?
- Have I had an abortion?
- Have I encouraged or helped someone to obtain an abortion?
- Have I used drugs or overused alcohol?
- Do I say cruel things, or make fun of others (e.g. in person or on social media)? Have I stopped speaking to anyone?
- Do I encourage others to do bad things? Do I set a good example?
- Have I desired revenge on anyone?

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

- Have I been unfaithful to my marriage vows in action or thought?
- Have I engaged in sexual activity outside of a Catholic marriage?
- Have I sinned impurely (masturbation)?
- Have I practiced any form of contraception in my marriage?
- Have I used fertility treatments condemned by the Church?
- Do I treat my body and other people's bodies with purity and respect?
- Do I look at obscene television shows, movies, websites or pictures?
- Am I pure in my thoughts, words and actions? Am I modest in dress?

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

- Have I taken things that were not mine?
- Have I cheated my employer of an honest day's work?
- Do I gamble excessively, robbing my family of their needs?
- Have I destroyed or misused another person's property?
- Do I return things that I borrow? In good condition?
- Do I share what I have with the poor and the needy?

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

- Am I honest with others and my work?
- Have I told lies or gossiped about another person that hurts their reputation or makes them look bad?
- Have I ruined a person's good name?

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

- Am I envious of another's spouse or family?
- Have I consented to impure thoughts?
- Do I try to control my imagination?
- Are there people I will not talk to or associate with because they look or act differently than me?

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

- Am I jealous or envious of the things or abilities that others have?
- Am I thankful to God for what He has given me?
- Do I share the things I have including my talents with my family, friends and those in need?