

CONFESSION GUIDE

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STEP 1: PREPARE

Begin by saying this prayer and then prayerfully going through the Examination of Conscience below.

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and with a contrite heart. Help me to firmly resolve not to commit them again.

O Blessed Virgin, Mother of my Redeemer, intercede for me through the Passion of Your Son, that I may obtain the grace to make a good confession. All you blessed Angels and Saints of God, pray for me, a sinner, that I may repent from my sins, and that my heart may be forever united with yours in eternal love. Amen

STEP 2: RITE OF RECONCILIATION

When you're ready, enter the confessional and wait for the priest to begin. You may follow this guide; listening for the Priest and saying the words of the Penitent (You):

Priest: In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Penitent: Bless me Father, for I have sinned. It has been (*how long?*) since my last confession, and these are my sins: (*confess your sins*).

EXAMINATION OF CONSCIENCE

for young adults

RESPONSIBILITIES TO GOD:

CLEAR ALL

- Have I gone to Mass on Sunday or have I rebelled and been stubborn about going to Mass?
- Have I neglected daily prayer?
- Have I been inactive or inattentive in times of prayer?
- Have I not read or engaged the Bible recently?
- Have I been rebellious toward God and His commands?
- Have I misused the name of God by swearing and cursing?
- Have I not told the Father that I love him for creating me and making me His son/daughter?
- Have I not thanked Jesus for becoming man, dying for my sin and rising to give me eternal life?
- Have I not asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

RESPONSIBILITIES TO OTHERS AND MYSELF:

- Have I been rebellious, disobedient or disrespectful to family, or those in rightful authority over me?
- Have I lied, cheated or deceived others?
- Have I been arrogant and stubborn?
- Have I chastised, or spoke maliciously to those in rightful authority without proper cause?
- Have I gotten angry or nurtured and held grudges and resentments?
- Have I refused to forgive others?
- Have I cultivated hatred?
- Have I looked at others lustfully or engaged in sexual fantasies?
- Have I read pornographic literature or looked at pornographic pictures, shows or movies?
- Have I masturbated?
- Have I lustfully kissed or sexually touched someone?
- Have I had extra-marital sexual intercourse?
- Have I had an abortion or encouraged another to have one?
- Have I gossiped about others or slandered anyone?
- Have I lied about others?
- Have I mocked or made fun of others?
- Have I stolen anything? Have I paid it back?
- Have I been selfish or spiteful toward others?
- Have I been jealous?
- Have I gotten drunk, or taken drugs?
- Have I abused technology/social media by using them excessively, imprudently, or prioritizing them over duties and people?
- Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, channeling, astrology?
- Have I not been patient, kind gentle and self-controlled?
- When my conscience told me to do something good, did I ignore it?

CLEAR ALL

Penitent: For these sins and the sins of my whole life I am truly sorry

Priest: (*may speak to you and will give you a penance*)

Penitent: (*Pray the Act of Contrition*):

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

Priest: (*will give you absolution and may end in some prayer*)

Give thanks to the Lord for He is good. His mercy endures forever.

Penitent: (*make the sign of the cross, thank the the priest, exit the confessional; and do your penance as soon as possible knowing you are resting in the merciful arms of the Father*)

