

GOING TO CONFESSION

This document is a simple explanation about going to confession. It covers remembering sins we may have committed and actually going.

When we go to confession once or twice a year, we only tend to remember our sins when we prepare to go to this sacrament. Could this length of time be just one of many reasons why we commit so many mortal sins between confessions?

When we go to confession regularly, say once every month, give or take a week or two, we tend to remember sins when we're about to commit them, and therefore stop doing them. This reduces considerably the number of sins we commit.

Going to confession has tremendous benefits where our soul being in God's favour is concerned. Never underestimate it. To work out how many times a sin has been committed, all you have to do is estimate how many times a day on average you've committed that sin, and multiply this by the number of days since your last confession.

SOME SINS TO CONSIDER

To help us remember the sins we've committed before we actually go in to confession, the list of possibilities below may help.

It's not a complete list, but ask yourself "Have I.....?"

Taken the Lord's name in vain?

Kept holy the sabbath day?

Been to mass on Sundays and Holy Days?

Paid attention at mass?

Made sure my children receive religious instruction?

Broken any solemn promises or vows?

Abused my body in any way?

Shown due respect to my parents?

Been angry with others and my family members?

Revengeful, Envious, Impatient,

Lazy, Proud, Greedy

Had impure thoughts?

Willingly looked at impure pictures of any kind?

I been racial in any way? Stolen any things?

Spoken about anyone behind their back?

Wished ill on anyone for any reason.

Plus any others you can think of.

ACTUALLY GOING TO CONFESSION

When you are with the priest and ready to begin your confession:

- ❖ Bless yourself and then say how long it is since your last confession:

Father forgive me for I have sinned, It's (n) [days, weeks, months, years] since my last confession."

- ❖ If it's been a long time, the priest will know that it must have been difficult for you to come to this sacrament, so he'll be very happy to help you. (The joy in heaven over one repentant sinner).
- ❖ Tell the priest all the sins you've committed - both mortal and venial; and when you can remember no more, say to the priest something like:

"Father, for these and all my other sins which I cannot now remember I humbly beg your pardon, penance and absolution."

- ❖ Listen earnestly to any advice the priest gives; he'll want to help you. He'll now give you a penance to do after you leave; usually some prayers.
- ❖ After giving you penance to do, he'll ask you to make a 'Good Act of Contrition', and if necessary, help you with it. An example is:

"O my God because you are so good, I am very sorry that I have sinned against you, and by the help of your grace I will not sin again"

- ❖ **THE PRIEST NOW ABSOLVES YOU FROM YOUR SINS.**
- ❖ Bless yourself and thank the priest. You can now leave.

**GOD HAS FORGIVEN YOU YOUR SINS
AND YOUR SOUL IS NOW IN FAVOUR WITH GOD.**

Go back into the church and thank God for allowing you to have had your sins forgiven.

**DON'T FORGET TO DO
THE PENANCE YOU'VE BEEN GIVEN.**