Guide to Confession & Notes:

Shred & Discard After Use

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Steps for a Good Confession

1. **Examination of Conscience:**
   Prepare at Home and use guide found here:
   https://reverentcatholicmass.com/sites/reverent/files/eoc.pdf

Name the sin:	How many times committed:
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Steps for a Good Confession

Receiving the Sacrament

1. **Walk into the Confessional**
   a. In general, it's better to go behind then screen than face-to-face. One reason is because you are confessing your sins to the priest in persona Christi. It is less distracting if you are not worried about eye contact or who the priest is, etc.
2. **Begin**
   a. Make the sign of the cross
   b. Say: "Bless me Father for I have sinned. It's been (however long) since my last Confession"
   c. Say: "I am a (your state in life, e.g. married man with 3 children)"
3. **Confess**
   a. Say: "The sins I have committed are (confess your sins and the number of times committed)"
   b. When you have confessed all your sins say: "For these, all my sins, and the sins I have forgotten, I am truly sorry"
4. **Advice and Penance**
   a. The priest may give you advice at this point or he may just give you a penance to do. (If you don't know the prayers he asks you to say or don't think you can do the penance, don't be afraid to tell him you don't think you can do that and ask for another penance.)
5. **Act of Contrition**
   a. Pray the Act of Contrition:
   "Oh my God, and I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishment; but most of all because I have offended Thee My God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen"
6. **Conclude**
   a. The priest will usually finish by saying "Go in peace" reply
   b. "Thank you, Father."

After Your Confession

1. **Penance**
   c. Go to a pew and pray.
   d. If the priest assigned you a prayer to say for penance it is good to do it immediately after your confession lest you forget.
   e. Thank God for His mercy and the opportunity to rid yourself of your sins.
2. **Follow Through**
   a. Stick you your game plan on how to avoid committing the same sins. (Don't despair if you have difficulty as it can take years to rid yourself of some sins and God is eternally patient.)
   b. Be vigilant.

Don't forget to shred and discard this walkthrough if your sins are written on it.
You don't want anyone to find it!

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