

A QUICK GUIDE TO CONFESSION

1. Spend time in prayer, particularly say a prayer to the Holy Spirit;
2. Pray Psalm 51, the Ten Commandments and the Eight Beatitudes;
3. Examine your conscience regularly and thoroughly;
4. Arrive on time confessions are scheduled, not a few minutes before they are to end;
5. Speak distinctly but never so loudly that we might be overheard;
6. State your sins clearly and briefly, no rambling;
7. Confess all mortal and venial sins in number and kind;
8. Confess your own sins, that is, don't speak about another's problems;
9. Listen carefully to the advice of the priest;
10. Listen carefully to and remember the penance, and be sure to do the penance given;
11. Answer the priest's questions briefly, if clarification is needed;
12. Ask questions if you can't understand what he means when he tells us something;
13. Use a regular formula for confession so that it is familiar and comfortable;
14. Never be afraid to say something "embarrassing"...just say it;
15. Never worry that the priest thinks you are "big sinners," he is usually impressed by your courage;
16. Never fear that the priest will reveal your confession...he is bound by the Seal;
17. Never confess "tendencies" or "struggles"... just sins;
18. Leave the confessional only after the priest has finished giving absolution;
19. Finally, keep in mind that sometimes priests do have bad days, too.

A good rule of thumb is to go to Confession once a month or when there is mortal sin to confess.

At the sacrament

Bless me, Father, for I have sinned. It has been (estimate time since last confession) since my last confession.

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.