

# CONFESSION MADE EASY

YOU | PRIEST

In the name of the  
Father, and of the Son,  
and of the Holy Spirit

*As you make the sign  
of the Cross*

1

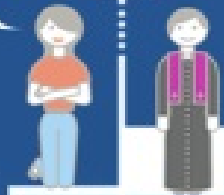


May the Lord be in your heart  
and help you to confess your  
sins with true sorrow

Bless me Father for I have sinned.  
It has been... weeks/months/years  
since my last confession

*Approximate, if you don't  
remember*

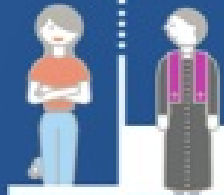
2



My sins are...

*Then confess your sins,  
simply and sincerely*

3



*Priest gives some advice*

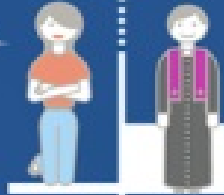
*He gives you a penance,  
which is usually to recite  
a prayer*

*You express contrition saying*

Lord Jesus, Son of God,  
have mercy on me a sinner

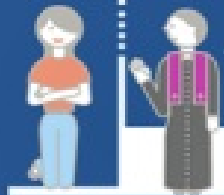
*Or you can say an act of  
contrition you may know*

4



*In Jesus' name,  
the priest then says*

5



I absolve you from your sins in  
the name of the Father, and of  
the Son, and of the Holy Spirit.

*He then invites you to go in peace,  
having been forgiven by God.*

**Confession is your chance to ask God for forgiveness and receive His mercy. Before you enter the confessional, take a few moments to gather your thoughts and think about what you may have done to hurt others and what you can do better as a Christian. A sincere Confession is a chance to renew your soul and open yourself to the Grace of God. The following questions are to help you reflect upon what you need mercy for.**

Have I rejected or neglected my faith? Have I refused to defend my faith, or been embarrassed of it? Is there any aspect of my faith that I do not accept?

Have I taken the Lord's name in vain? Have I experimented with the occult or put my trust in fortune-tellers or horoscopes? Have I shown disrespect for any holy things, places or people?

Have I missed Mass on Sundays or Holy Days of Obligation? Have I given God time in prayer?

Have I received Holy Communion with a grave sin on my conscience?

Have I received Holy Communion without proper reverence or thanksgiving?

Have I been impatient, angry or jealous? Do I honour and respect my parents?

Have I fostered resentments or been unwilling to forgive?

Have I been verbally or physically violent with others?

Have I taken part in or encouraged abortion, the destruction of human embryos, euthanasia or any other means of taking human life?

Have I been hateful or judgmental in thoughts or deeds? Have I looked down on others?

Have I spoken badly about others, engaging in gossip?

Have I consumed alcohol excessively or taken drugs?

Have I looked at pornographic videos or websites? Have I been involved in impure behaviour with myself or with someone else?

If I am married, do I seek to love my spouse above all else? Do I put my marriage first? My children? Am I open to welcoming new life? Am I patient with my spouse? Do I show good example to my children and grandchildren?

Do I let my work occupy time and energy that family and friends deserve?

Have I been proud or selfish in my thoughts or actions? Have I neglected the poor or those in need? Am I generous to my Parish with my time, talents and money?

Have I told lies? Have I been honest and diligent in my work? Have I stolen or cheated anyone at work?

Have I given in to laziness? Have I preferred physical comfort to service of others? Have I neglected the responsibility to bring others closer to God through example and word?

