

# SACRAMENT OF RECONCILLATION (CONFESSION)

## What is Confession?

Confession is a sacrament instituted by Jesus Christ to offer sinners forgiveness for offenses against God and against others. Confession brings reconciliation between God and you, between the you and others, and brings peace to you.

## What are the conditions in order for the Confession to be valid (to count)?

- (1) **Examination of Conscience**-recall ALL your sin that you can remember.
- (2) **Sorrow for having offended God**-be remorseful, be sorry for offending God
- (3) **A resolution of sinning no more**-make best effort not to commit the sin again
- (4) **Confession of our sins**-confess ALL the sins that you remember. It is very important not to withhold any sin on your conscious, otherwise the Confession will not count
- (5) **Satisfaction or penance**-After confessing your sins, priest will ask you to do a penance. You MUST do it!

## How to do the Confession? *(this part will be on the exam)*

**RED=what you do** **BLUE=what you say**

- Step 1: *Enter the confessional or approach a priest*
- Step 2: *Make a sign of the Cross as you say:*  
**In the name of the Father, and of the Son, and of the Holy Spirit**
- Step 3: **Bless me, Father, for I have sinned. My last confession was** *(here you say how long ago was it that you went to the Confession, i.e.: weeks, months, or years)* **ago.**
- Step 4: *Confess **ALL** your sins that you recalled and remembered during Examination of Conscience.*
- Step 5: *After you finish confessing your sins, you say:* **This is all I can remember. I am sorry for these and all my sins.**
- Step 6: *Priest will assign you a Penance, he might give you some advice or recommendation, then...*
- Step 7: *You say Act of Contrition:*

My God,  
I am sorry for my sins with all my heart.  
In choosing to do wrong and failing to do good,  
I have sinned against you whom I should love above all things.  
I firmly intend, with your help, to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ  
suffered and died for us.  
In his name, my God, have mercy.

- Step 8: *Priest will give you ABSOLUTION*
- Step 9: *Make a sign of the Cross and say: AMEN*
- Step 10: *YOU are DONE! You can go...*
- Step 11: *Complete assigned Penance*