

FIVE STEPS TO A GOOD CONFESSION

1) EXAMINATION OF CONSCIENCE

When we examine our conscience, we think about whether the choices we have made showed love for God, ourselves, and others. We ask ourselves whether we have sinned, either by doing something that we know is against God's law, or by not doing something that God's law calls us to do.

2) CONFESSION

We tell or confess our sins to the priest. We talk with the priest about ways to love God and others.

3) PENANCE

The priest asks us to say a prayer or perform a good act that shows sorrow for sins. This prayer or act is called a penance.

It helps to make up for any harm caused by sin and to grow as a disciple of Christ.

4) CONTRITION

We express heartfelt sorrow. We tell God we are truly sorry for our sins and firmly intend not to sin again. We say the Act of Contrition.

5) ABSOLUTION

We are given God's forgiveness of our sins through the words and actions of the priest.