How to make a good Confession Guide

Read More at “How to make a good Confession? Detailed guide for the Examination of Conscience for Confession”

Parts of the sacrament of the Holy Confession:

1. Prayer before the Examination of conscience - A good start is important

First of all you should thank our Lord for the Sacrament of Confession. It is good to pray to the Holy Spirit to enlighten us and our conscience so that we can make a good confession and pray for the priest who will confess us. Do it with your own words.

2. Examination of conscience - Prepare, prepare, prepare

NO OTHER GODS BEFORE ME

- Is God in first place in my life?
- Do I have other Gods in my life, like money, material wealth, career, honor, good reputation?
- Are my idols actors, singers, sportsman, politicians, or are my idols TV, PC, Smartphone, social media, profiles. Am I an idol for myself?
- Am I superstitious? Do I believe that black cat and number 13 will bring me bad luck? Do I knock on the wood for bad things not to happen?

NOT TAKE THE LORD’S NAME IN VAIN

- Did I cursed the Lord, Holy Virgin Mary, saints? Did I say their names in anger without respect?
- Do I swear, speak vulgar words and with that offend God, my friends and my soul?
- Do I watch shows or programs where vulgar words are spoken and promoted?
- Do I speak a lot about hell and the devil?

REMEMBER THE SABBATH DAY
• Did I skip a Holy Mass on Sunday and feast of the church because of my laziness, forgetfulness? Do I often come late to the Holy Mass or misbehave?
• Do I believe the true Jesus Christ is under the Images of bread and wine?
• Do I frond upon religious acts such as the way of the cross,, rosary, litanies, angelus,…?
• Do I work for profit on Sunday? Or have Sunday dedicated to Jesus Christ, my family and friends.

HONOR THY FATHER AND THY MOTHER

• How do I act in my family?
• Do I try do work for happiness and good in my family?
• Do I talk with everyone, am I often away from my home?
• Did I always respected my parents, helped them when needed?

THOU SHALT NOT KILL

• Did I offend, coursed, or beaten up someone? Am I found in misbehaving towards my neighbors?
• Am I envious, do I wish bad things to someone, am I jealous, do I hate someone, or took revenge? I do not let myself to forgive.
• Did I commit or advised an abortion?
• Did I killed someone or tried to commit murder or try to kill myself?

THOU SHALT NOT COMMIT ADULTERY AND THOU SHALT NOT COVET (NEIGHBOUR’S WIFE)

• Did I deliberately had sinful thoughts, desires and looks?
• Did I support or helped others to make adultery, by bad example?
• Have I committed an adultery, do I make a sin of masturbation?
• Did I made a sin of having intercourse with a person of the same gender?

THOU SHALT NOT STEAL

• Did I stole something, what was the worth of it? Did I kept a stolen thing?
• Did I cheat someone in my business?
• Did I made damage to someone and did not compensate for it?
• Did I neglected to pay my debts?

THOU SHALT NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOUR
Did I lied?
Have my lies made damage to someone?
Have I made wrongly testimonies?
Have I been dishonest, made quick judgments?

Sacraments

- Have I confessed and went to the Holy Mass in Easter time?
- Did I went to the Holy Mass while I was still in deep sin
- Did I withheld some sin in previous confessions?
- Did I neglected the sacraments and easily apologized myself?

Love your neighbor as you love yourself

- Do I love my close ones no matter how they look, their differences, status, and gender? Do I try to be friends and in union with them?
- Was I solidary with everyone, especial, to the poor, older, sick, weak ones? Do I work for peace with everyone?
- Do I try to immediately forgive and forget?
- Do I serve or wait to be served?

Seven sins

Pride

- Do I seek admiration, glory and reject criticism, suggestions?
- Do I think am I the smartest one in every matter?
- Was I eager to get the first place (in school, in job, to power, in politics)
- Did I humiliate others?

Greed

- Have I always just worked for myself and my ego? Did I neglect to go beyond my selfishness and forget to open my heart to others?
  Did I misuse my talents?
- Do I constantly cry about my life, relations, work?
- Do I believe in the Gods providence?

Lust

- Do I show dignity in my sexual life or do I have a mentality that everything is allowed?
- Did I neglected the truth that my body is the temple of the Holy Spirit and it does not belong to me, and that every sin, muds the body of Christ and the church?
Envy

- Am I angry because others have more than me?
- Am I jealous, envious to my brothers, relatives, friends, neighbors, coworkers?
- Did I fake love or friendship to get some material or other benefits?

Gluttony

- Did I made damage to my body with excessive drinking, eating and smoking?
- Are drinks and meals so important to me, that the Holy Mass, bible and prayer are neglected because of that?

Wrath

- Have I lost temper in my family, with coworkers and friends? Have I neglected to show respect to everyone?
- Did I cursed someone on the street, while driving?
- Was I angry on God for something that is happening to me?

Sloth

- Was my laziness the reason to neglect my duties as a husband, wife, father, mother, son, daughter, friend, citizen?
- Am I content to live in my laziness?
- Have I neglected prayer, sacraments, because my lack of willpower?

4. The decision to no longer sin - Let Jesus help you, you are not alone.

It is our strong desire, to sin no more. If the decision is missing, it means no repentance, no pain, and no forgiveness.

5. The Act of Holy Confession

You enter the booth and the priest begins with the sign of the Cross, saying:
In the Name of the Father and of the Son and of the Holy Spirit.

You say:
Amen
The priest urges you to have confidence in God with these or similar words:
May the Lord be in your heart and help you to confess your sins with true sorrow.

You start your confession with your own words or as below.
Forgive me, Father, for I have sinned. It has been (however many days, weeks, months or years) since my last confession.

Everything that you have written down in your examination of your conscience, you say to the priest. After this, the priest will generally give some advice and impose you penance.

6. Penance

Penance consist in the work we are given by the priest for the sins that we have confessed. It has to be done properly. And as soon as possible.

The catechism says the spiritual effects of the sacrament of Penance are:
- reconciliation with God by which the penitent recovers grace;
- reconciliation with the Church;
- remission of the eternal punishment incurred by mortal sins;
- remission, at least in part, of temporal punishments resulting from sin;
- peace and serenity of conscience, and spiritual consolation;
- an increase of spiritual strength for the Christian battle

7. Act of contrition

Then the priest will ask you to make an act of contrition. Again in your own words, or you may say one of many memorized acts of contrition like the following:

O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.

At the end of Confession listen to the words of absolution, the sacramental forgiveness of the Church through the ordained priest.

God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit
among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son + and of the Holy Spirit.

As you listen to the words of forgiveness you may make the sign of the cross with the priest. If he closes by saying, "Give thanks to the Lord for He is good," answer, "For His mercy endures forever."

And if you made it this far, leave a comment on the post letting us know about it!