

SACRAMENT OF RECONCILIATION FOR ADULTS

HOW TO GO TO CONFESSION

1. Before going to Confession, examine your conscience by reflecting on your sins.
2. Begin your Confession by saying, “In the name of the Father, and of the Son and of the Holy Spirit. Bless me Father for I have sinned. It has been [length of time] since my last Confession. These are my sins...”

When confessing your sins:

- Name your sins specifically, but avoid unnecessary details and background information.
- If you’re not sure if something is a sin, just ask the priest.
- Unless you ask for advice, the priest will likely be brief in offering counsel.

3. The priest will suggest something for you to do or pray after Confession (called penance), as a response to God’s mercy.
4. The priest will then ask you to pray the Act of Contrition out loud (see text below), demonstrating your sorrow for your sins.
5. The priest will extend his hands in your direction and pray the Prayer of Absolution. You respond “Amen.”
6. The priest will likely say “God has freed you from your sins. Go in peace.” You can respond “Thanks be to God.”

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 Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen



Archdiocese
of Toronto

EXAMINATION OF CONSCIENCE FOR ADULTS

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the Lord your God in vain.

Have my words, actively or passively, put down God, His Church, or His people?

Remember to keep holy the Lord's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents or elders due respect? Do I seek to maintain good communication with them where possible? Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken things that belong to others; have I taken credit that belongs to others; have I wasted the time of others?

You shall not bear false witness against your neighbour.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbour's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbour's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

