



OUR LADY OF THE ISLE
CATHOLIC CHURCH

EXAMINATION OF CONSCIENCE
CONFESSION
EVERYTHING
ON ONE PAGE

REDISCOVER Confession

LET'S MAKE IT SIMPLE.

How to Go to Confession: A Simple Guide

- ❶ Begin with the Sign of the Cross.
Then say: "Bless me, Father, for I have sinned. It has been [state the time] since my last Confession."
- ❷ Confess your sins honestly and simply.
Say aloud the sins remembered since the last Confession.
- ❸ When finished, you might say:
"For these and all the sins of my past, I am truly sorry."
- ❹ Listen to the priest.
The priest may offer brief guidance, encouragement, or a Scripture reflection.
- ❺ Soon the priest will give you a penance.
A penance is a prayer or good action the priest gives after Confession to help repair the harm caused by sin and strengthen us to live more faithfully. It is a small way of cooperating with God's grace as we turn our hearts back to Him.
- ❻ Pray the 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."
- ❼ The priest extends his hand and says:
"God, the Father of mercies,
through the death and resurrection of his Son
has reconciled the world to himself
and poured out the Holy Spirit for the forgiveness of sins;
through the ministry of the Church
may God grant 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.
- ❽ You say: "Amen."
- ❾ After leaving the Confessional, fulfill the penance given and thank God for his mercy.

REDISCOVER Confession

A SIMPLE EXAMINATION OF CONSCIENCE Using the Ten Commandments

- ☐ I have failed to put God first in my life.
- ☐ I have neglected prayer or treated God as unimportant.
- ☐ I have used God's name carelessly or without reverence.
- ☐ I have failed to keep the Lord's Day holy by neglecting Mass or rest.
- ☐ I have dishonored or been ungrateful toward my parents or family.
- ☐ I have been impatient, disrespectful, or unkind toward those close to me.
- ☐ I have harmed others through anger, harsh words, or resentment.
- ☐ I have held grudges or refused to forgive someone who hurt me.
- ☐ I have been unfaithful in my thoughts, words, or actions.
- ☐ I have treated others as objects rather than persons made in God's image.
- ☐ I have taken what does not belong to me or been dishonest.
- ☐ I have wasted resources or failed to care for what God has entrusted to me.
- ☐ I have spoken negatively about others or damaged someone's reputation.
- ☐ I have been jealous of the blessings or success of others.
- ☐ I have allowed selfish desires to distract me from loving God and neighbor.

A SIMPLE EXAMINATION OF CONSCIENCE Using the Seven Deadly Sins

- ☐ I have been prideful, thinking too highly of myself or refusing to admit my faults.
- ☐ I have been unwilling to accept correction or apologize when I was wrong.
- ☐ I have been jealous of others or resentful of their blessings or success.
- ☐ I have allowed envy to rob me of gratitude for what God has given me.
- ☐ I have given in to anger, speaking harshly or acting impatiently toward others.
- ☐ I have held onto resentment or refused to forgive someone who hurt me.
- ☐ I have been greedy, focusing too much on money, possessions, or comfort.
- ☐ I have failed to be generous with my time, talents, or resources.
- ☐ I have: Pre-marital sex? Seeing or treating my spouse as a sexual object? Pornography?
- ☐ I have: Used birth control? Abortion? Supported abortion?
- ☐ I have overindulged in food, drink, or other pleasures without moderation.
- ☐ I have allowed comfort or distraction to take priority over God or others.
- ☐ I have been lazy in prayer or neglected the responsibilities entrusted to me.
- ☐ I have avoided doing good when I had the opportunity.

MANY OF US RESIST GOING TO CONFESSION. WHAT IS GOD'S RESPONSE?

“Not as man sees does God see,
because man sees the appearance but the LORD looks into the heart.”

- “I’m embarrassed.”

The Sacrament of Reconciliation is not a courtroom. **It is a place of mercy.** Priests are not there to be shocked or disappointed. In fact, most priests are deeply grateful when someone comes to Confession, because it means the Lord is working in that person’s heart.

- “It’s been too long.”

This is actually one of the most beautiful Confessions a priest can hear. A simple phrase—“Father, it’s been a long time since my last Confession”—is all it takes to begin. No priest is keeping score. The joy is simply that someone has come home.

- “I’m afraid of being judged.”

In Confession, the priest stands in the person of Christ. His role is not to judge but to offer the mercy Jesus himself wants to give. Most priests hear hundreds of Confessions and are far more focused on helping someone encounter grace than on the sins themselves.

- “I don’t remember how to go.”

The priest will guide them through it. They do not have to know the prayers perfectly. The most important thing is simply a sincere heart.

- “I’m not sure what counts as sin.”

Confession can actually help you form your conscience. We have lots of resources to help you prepare.

- “I can just ask God directly.”

Of course you can. We should always ask God for forgiveness. But Jesus also gave the Church the Sacrament so that **we** could hear the words of absolution spoken out loud: “I absolve you from your sins.” Those words bring a powerful assurance of God’s mercy.

- “I had a bad experience once.”

One difficult moment should not keep someone away from a lifetime of grace. Like any relationship, the sacrament deserves another chance.

- “I keep confessing the same sins.”

That is actually a sign of humility and perseverance. God never tires of forgiving us, even when we are still learning how to grow.