

## **PARISH FAMILY ABLAZE (1-28-24): HOW TO MAKE A GOOD CONFESSION**

### **PRAYERS**

- I. "Signum Crucis": "In nomine Patris et Filii et Spiritus Sancti. Amen."
- II. "Prayer to the Holy Spirit"
- III. Saint and Virtue:
  - A. Saint Mary Magdalene
  - B. Courage

### **TRUE/FALSE**

1. In a Confession, a penitent should briefly mention the conditions or circumstances that increase or decrease guilt.
2. Along with sins he has committed, a penitent should add the excuses he has for committing the sin.
3. If a person missed Mass because he was seriously ill, it would be necessary to Confess this as a sin.
4. The faults or sins of others should be mentioned in Confession.
5. When it is necessary to refer to others in Confession, their names must never be mentioned.
6. A good Confession would be exact and sincere, without unnecessary details.
7. It would be advisable for a man anticipating priestly Ordination or Marriage to make a general Confession before receiving either of these Sacraments.
8. Good Confessions usually include detailed descriptions of episodes in the Penitent's life.
9. To give just the number of the commandment along with the number of times I broke this Commandment is a good way to confess sins.
10. Because every thought that comes into my head is caused by me and originates from me, I am responsible for every thought.

### **HOW GO MAKE A GOOD CONFESSION**

- I. Preparation—Take sufficient time (426):
  - A. To examine my conscience
  - B. To excite my heart to sincere sorrow
  - C. To make a firm purpose not to commit the sins again

- II. The Confession:
  - A. **PRIEST/PENITENT**— “In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.”
  - B. **PRIEST**— “May God, Who has enlightened every heart, help you to know your sins and trust in His mercy.”
  - C. **PENITENT** (427)— “Bless me, Father, for I have sinned; it has been \_\_\_\_\_ since my last Confession. These are my sins.”
    - 1. Name and number of all mortal sins that have not already been confessed and forgiven (428)
    - 2. If there are no mortal sins, at least confess some venial sins or some sin(s) from a previous Confession (430)
 “I am sorry for these and all the sins of my past life, especially for \_\_\_\_\_.” (431)
- III. After confessing the sins (432):
  - A. Answer truthfully any questions the priest asks.
  - B. Seek advice if I feel that I need any.
  - C. Listen carefully to the spiritual instruction and counsel of the priest.
  - D. Accept the penance given by the priest.
- IV. Absolution (priest) and Act of Contrition (penitent)
- V. Proclamation of Praise of God and Dismissal:
  - A. **PRIEST**— “Give thanks to the Lord, for He is good.”
  - B. **PENITENT**— “His mercy endures forever.”
  - C. **PRIEST**— “The Lord has freed you from your sins. Go in peace.”
  - D. **PENITENT**— “Thanks be to God.”
- VI. After Confession (434):
  - A. Return thanks to God for the gift of the Sacrament.
  - B. Beg the Lord to supply for the imperfections of my confession.
  - C. Promptly and devoutly perform my penance.

## TABLE-TALK QUESTIONS

What should a person do to develop a healthy awareness of sin? How often should a person go to Confession? How can I know when I am intending a thought and when I am not intending a thought?

## QUESTIONS FOR FATHER JACK/MISSION/FINAL PRAYER AND BLESSING