

Need Help Making a Good Confession?

Confession is not difficult, but does require preparation.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more.

Then we review our lives since our last confession, searching our thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

General Questions

Are there any major or serious ways that I have sinned against God or my neighbor, the Commandments, Jesus' call of love? or the responsibilities of my state in life?

Do I have any recurring attitude or fault that is continually weighing me down? If so, why? (e.g. pride, envy, selfishness, prejudice, anger, hatred of someone, sexual pleasure, injustice, lack of forgiveness, etc.)

Family

Do I love the members of my family the way Jesus wants me to?

Do I sacrifice my own desires for the good of others in the family?

Do I try to communicate with my spouse and my children?

Am I trying to be unselfish in living up to the Church's teachings on responsible family planning?

Friends

Am I at peace with everyone?

Am I truly honest at work and in all I do?

Do I try to see Christ in my brother/sister?

Do I try to make sacrifices for the poor?

Faith

Do I practice my faith regularly and willingly?

Do I pray each day alone and with my family?

Do I thank God often for his great gifts?

Am I doing anything to deepen the knowledge of my faith?

Those
Who Have
been Away
a Long Time
(or an Adult
Making a First
Confession)



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