

Need Help Making a Good Confession?

Those Who Are Sick

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.

Family

Am I grateful to those who look after me and visit me?

Do I give a good Christian example to others?

Do I apologize and forgive quickly?

Do I pray for those who are also suffering from illness, loneliness, lack of faith, poverty, injustice?

Friends

Am I thoughtful of others and attentive to my fellow patients and their needs?

Am I sorry for the ways I have sinned against God and others, and do I try to make amends for them by my patient acceptance of weakness and illness?

Faith

Do I trust God's goodness and providence, even in times of stress and illness?

Do I give in to sickness, to despair, to other unworthy thoughts and feelings?

Do I fill my empty moments with reflection on life and with prayer to God?

Do I accept my illness and pain as an opportunity for suffering with Christ who redeemed us by his passion?

Do I live by faith, confident that patience in suffering is of great benefit to the Church?



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