

Need Help Making a Good Confession?

Older People

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 at peace with all my family?

Do I apologize and forgive quickly?

Am I open to see the good in everyone?

Do I have any predominant attitude or fault that still tends to weigh me down?

Friends

Do I try to encourage others through my experience or do I dominate them through a "know-it-all" attitude?

Do I try to listen to those around me and to learn from them, or am I selfish and preoccupied with myself all the time?

Do I give to the poor wherever they may be?

Faith

Do I give more time than I used to, to prayer, to thanking God for all he has done for me?

Do I pray for a deeper faith, a greater trust, and a yearning love for God above all?

Do I try to read Sacred Scripture regularly?



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