



Confession

How to go to Confession

Sign of the Cross

“Bless me Father for I have sinned, it has been _____ since my last confession.”

Confess your sins...

“For these and all my sins,
I am sorry”

“O 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.

Amen.”

Prayer Before Confession

Come Holy Spirit into my soul,
Enlighten my mind that I may know
the sins I ought to confess,
and grant me Your grace to confess
them fully,
humbly and with a contrite heart.
Help me to firmly resolve not to
commit them again.

O Blessed Virgin,
Mother of my Redeemer,
mirror of innocence and sanctity,
and refuge of penitent sinners,
intercede for me through the
Passion of Your Son,
that I may obtain the grace to make a
good confession.

All you blessed Angels and
Saints of God, pray for me,
a most sorrowful sinner,
that I may repent from
my sinful ways,
that my heart may from this day
be forever united with yours in
eternal love.

Amen.

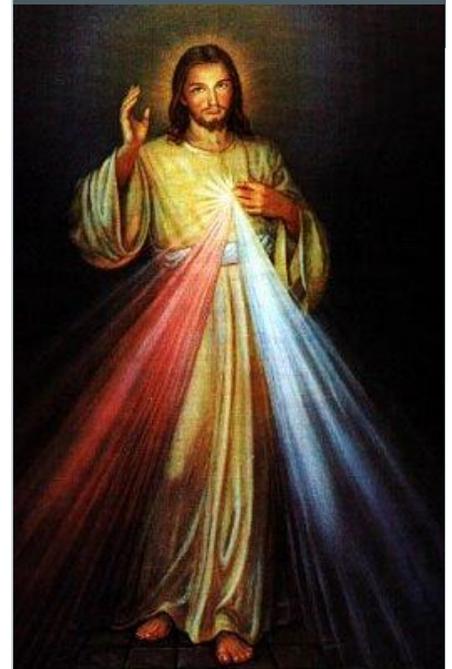


St. John Neumann Church

601 E Delp Rd
Lancaster, PA 17601

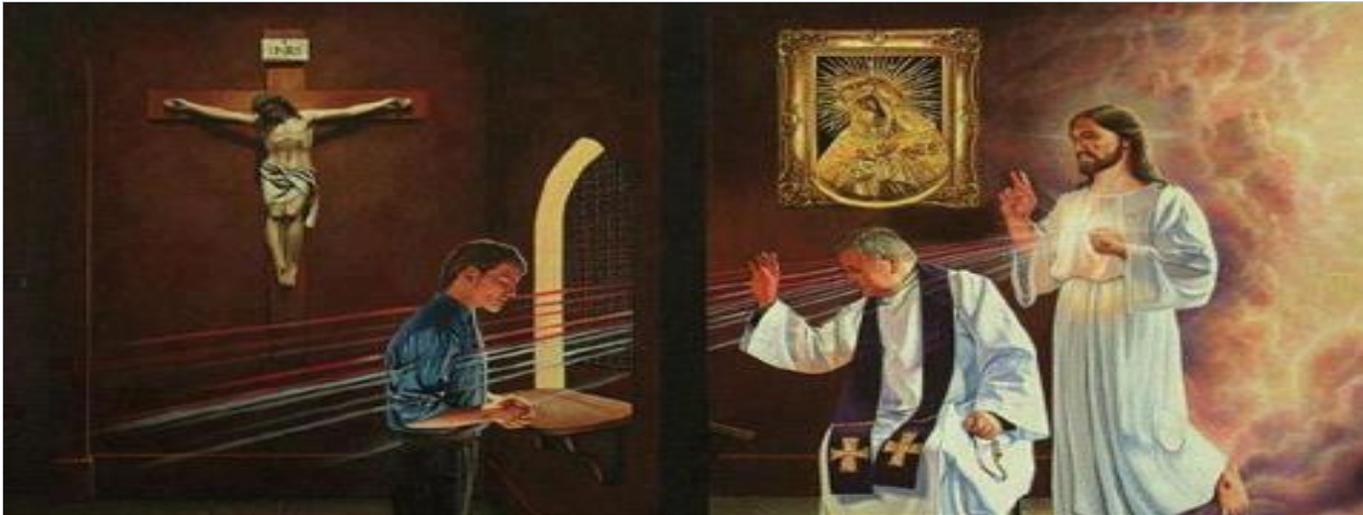
717-569-8531

Have Mercy on Me



A Helpful Guide to
the Sacrament of
Reconciliation





Q&A

How often should you go to Reconciliation?

The Church states that it is good for us to go to Reconciliation at least once a year, and whenever we find ourselves in mortal sin.

What is a sin?

A sin is an offense against God. Sin harms our relationship with God, with others, and with ourselves. Jesus Christ died on the Cross to save us from sin.

Are all sins equal?

Any sin is bad in the eyes of God. However, some sins can cut us off from God's life (sanctifying grace) – these are called mortal sins. Sins that hurt, but don't ruin our relationship with God are called venial sins. All mortal sins must be confessed in Reconciliation in order for God to forgive them.

What do I get out of Reconciliation?

First, we get forgiveness out of this Sacrament. God so loves us that He can't wait to forgive us, and He even gives us his life (sanctifying grace) and help (actual grace) so that we can live good and holy lives. This Sacrament also helps to form our consciences, so we can do good and avoid evil in the future.

Be sure to examine your conscience!

- **I am the Lord your God. You shall not have any gods before Me:**
 - Do I pray every day?
 - Is there something in my life that is more important than God?
- **You shall not take the Name of the Lord your God in vain:**
 - Do I only say God's Name with love?
 - Do I respect God, the Church, and the saints?
- **Remember the Sabbath Day and make it holy:**
 - Do I go to Mass every Sunday and Holy Day?
 - Do I relax and/or do charitable works on Sundays?
- **Honor your father and your mother:**
 - Do I speak and act respectfully towards my parents?
 - Do I obey my parents' wishes?
 - Do I follow the rules of teachers and authorities?
- **You shall not kill:**
 - Have I harmed anyone by my words or actions?
 - Do I stand up for others?
- **You shall not commit adultery, you shall not covet your neighbor's spouse:**
 - Do I respect my body and the bodies of others?
 - Do I guard my eyes and ears from evil things?
- **You shall not steal, you shall not covet your neighbor's goods:**
 - Have I taken something that does not belong to me?
 - Am I thankful for what I have?
 - Have I wasted my time or another's time?
 - Have I cheated in school or in games?
- **You shall not bear witness against your neighbor:**
 - Have I lied?
 - Have I gossiped?
 - Do I talk about things that are not my business?