

Ask God to help you truthfully confess your sins to Jesus in the person of the priest. Afterwards, pray an Act of Contrition.

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.

or

I confess to almighty God,
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done,
and in what I have failed to do;
through my fault, through my fault,
through my most grievous fault;
therefore I ask
blessed Mary, ever virgin,
all the angels and saints,
and you, my brothers and sisters,
to pray for me to the Lord, our God.

*If you are currently in a marriage that is not blessed by the Church, it is normal that absolution is delayed since the penitent returns to the same living situation after the confession and thus immediately compromises the gift just received. But please talk to the priest anyway about this and what steps can be taken so that you may eventually receive the wondrous gift of the renewal of life through the full pardon of your sins.

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Adult Preparation For Confession Through the Ten Commandments



Preparation

Begin by recalling Jesus' profound love and mercy for you.

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Ask for his love to fill you and to show you the way to peace in Him.

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*Ask for Mary's compassionate intercession
for the guidance of the Holy Spirit
as you prepare for the grace of Reconciliation.*

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- signifies the negative meaning
 - + signifies the positive meaning of each commandment
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1. Have no other gods before Me:

- Do money, power, or possessions sometimes become my gods? Have I used the occult, superstition, magic, ouija boards etc.? (Have I formally renounced these in Jesus' name?)
+ Do I develop my prayer life; Do I sacrifice for love of God (observe fast and abstinence days in Lent, and observe Fridays through the year as days of penance)? Do I love God with my whole heart?

2. Do not take the name of God in vain:

- Do I misuse God's name especially in anger?
+ Do I use God's name with honor, and respect the power of the name of Jesus? Do I have sacred art in my home?

3. Keep holy the Lord's Day:

- This means avoiding unnecessary work – do I break my addiction to constant activity and entertainment through the Lord's Day?
+ Is Mass on Sundays and holy days my highest priority? Do I cultivate spiritual renewal, like reading great Catholic classics? Is this a family day?

4. Honor father and mother:

- As an adult, do I still honor, and if need be, reconcile with my parents? Do I respect lawful authority?
+ Do I work on right relationships with my parents, my kids? Do I pray for them? Is responsible citizenship and voting with an informed conscience my goal? Do I have the courage to work against unjust laws, especially those against the poor and the pre-born? Is Jesus' commandment to love my neighbor as myself part of my life?

5. Do not kill:

- This includes murder, abortion (having one or supporting one), causing scandal especially to God's little ones, misuse of drugs, abuse of alcohol, withholding forgiveness
Has any of this been part of my life?

• Do I show mercy? Do I have respect for my body and health, and the same respect for others'?

• 6. Do not commit adultery:

- This means things that are very personal, like masturbation, pornography, sexual activity outside of marriage, adultery, homosexual acts, birth control, sterilization,

being married outside of church.*

These are very common for some people now. Even if it is not easy, where do I need real conversion?

+ Do I cultivate real love of my spouse and not just use or manipulate him/her? Do I cultivate a love of sacramental marriage, openness to children, the fostering of mature friendships? As a married person, am I really educated on Natural Family Planning methods and the beautiful teachings of the church on marriage?

7. Do not steal:

- Have I stolen, cheated on taxes, not worked the full time I was employed for? Is there restitution I still need to make? Do I have a gambling problem?

+ Do I have a respect for God's creation, not using more than I need, not wasting? Do I stand for ethical business practices and love for the poor? Is supporting the Church and proper charities with time, talent, or treasure part of my giving back to the Lord?

8. Do not lie:

- This means lying, degrading of a person's good reputation, bragging, gossip, breaking confidences, seeing no good in self or others. Where have I really hurt others?

+ Am I mature enough to bear witness to the truth, particularly to Jesus? Can people trust me to keep confidences? Do I confess at least once a year?

9. Do not covet neighbor's wife:

- Is lust and the misuse of TV and Internet part of my slavery to the world?

+ Do I foster purity of heart and intentions, and work for better social climate of modesty, especially for youth?

10. Do not covet neighbor's goods:

- This means envy, jealousy, greed, materialism – Is my heart being filled with things that will never satisfy it?

+ Am I learning reliance on God, sharing my gifts, and appreciating the gifts of others? Do I cultivate gratitude and generosity of heart?