

# **HOW-TO & PRAYERS**

# HOW TO GO TO CONFESSION

## MAKE AN EXAMINATION OF CONSCIENCE

- ❑ ASK THE HOLY SPIRIT TO HELP YOU KNOW AND BE SORRY FOR YOUR SINS.
- ❑ MAKE AN EXAMINATION OF CONSCIENCE (IT MIGHT BE HELPFUL TO WRITE THINGS DOWN AND BURN IT LATER).

## CONFESSION: BEGINNING

- ❑ ENTER THE CONFESSIONAL:
- ❑ BEGIN WITH THE SIGN OF THE CROSS.
- ❑ SAY: "IT'S BEEN (\_ WEEKS/ MONTHS/YEARS) SINCE MY LAST CONFESSION."

## CONFESSION: MIDDLE

- ❑ CONFESS YOUR SINS.
- ❑ THE PRIEST MAY OFFER YOU SOME ADVICE.
- ❑ HE WILL GIVE YOU A PENANCE: MAKE SURE YOU REMEMBER IT!

## CONFESSION: END

- ❑ OFFER AN ACT OF CONTRITION.
- ❑ THE PRIEST WILL PRAY A PRAYER OF ABSOLUTION.
- ❑ END WITH THE SIGN OF THE CROSS.

## COMPLETE YOUR PENANCE

- ❑ COMPLETE YOUR PENANCE AS SOON AS POSSIBLE.
- ❑ SAY A PRAYER OF THANKSGIVING.
- ❑ YOUR SINS ARE FORGIVEN!

## FOR FURTHER READING

THERE ARE MANY BOOKS ON THE SACRAMENT OF RECONCILIATION AND THE GREAT MERCY OF GOD. HERE ARE A FEW OF MY FAVORITES:

- ❑ DIARY OF SAINT FAUSTINA MARIA KOWALSKA: DIVINE MERCY IN MY SOUL
- ❑ 7 SECRETS OF CONFESSION BY VINNY FLYNN
- ❑ WHERE THE HELL IS GOD? BY FR. RICHARD LEONARD
- ❑ COMPILE A WISHLIST / READING LIST OF YOUR OWN, OR WRITE IN SOME OF YOUR FAVORITE QUOTES ABOUT GOD'S MERCY HERE:

A large grid of dotted lines for writing notes.

## CONFESSION: PRAYERS

### ACT OF CONTRITION #1

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.

### ACT OF CONTRITION #2

O my God,  
I am heartily sorry for having offended you,  
and I detest all my sins  
because of your just punishments,  
but most of all because they offend you, my God,  
who are all-good and deserving of all my love.  
I firmly resolve, with the help of your grace,  
to sin no more and to avoid the near occasions of sin.

### MY OWN ACT OF CONTRITION:

A series of horizontal lines for writing a personal act of contrition.

## PRAYERS BEFORE CONFESSION

### BEFORE CONFESSION

Come, Holy Spirit, into our souls.

Enlighten our minds

that we may know the sins we ought to confess,

and grant us your grace to confess them fully, humbly,  
and with contrite hearts.

Help us to firmly resolve not to commit them again.

O Blessed Virgin, Mother of our Redeemer,

mirror of innocence and sanctity,

and refuge of penitent sinners,

intercede for us through the Passion of your Son,

that we may obtain the grace to make a good confession.

All you blessed Angels and Saints of God,

pray for us sinners,

that we may repent from our sinful ways,

and that our hearts may henceforth

be forever united with yours in eternal love.

Amen.

### PRAYER BY ST. ALPHONSUS LIGUORI

O my God, help me to make a good confession.

Mary, my dearest Mother, pray to Jesus for me.

Help me to examine my conscience,

enable me to obtain true sorrow for my sins,

and beg for me the grace rather to die

than to offend God again.

Lord Jesus, light of our souls,

who enlightens every man coming into this world,

enlighten my conscience and my heart by Thy Holy Spirit,

so that I may perceive all that is displeasing

to Thy divine majesty

and may expiate it by humble confession,

true contrition, and sincere repentance.

## THE LAST TIME I WENT TO CONFESSION:

A grid of 18 empty circles arranged in 6 rows and 3 columns, intended for writing reflections on the last confession.

## THE CHAPLET OF DIVINE MERCY

- ❑ **BEGIN WITH THE SIGN OF THE CROSS.**
- ❑ **PRAY THE APOSTLE'S CREED, THE OUR FATHER, AND THE HAIL, MARY.**
- ❑ **FOR EACH DECADE, ON THE LARGE BEAD, PRAY THIS PRAYER:**

**ETERNAL FATHER, I OFFER YOU THE BODY AND BLOOD, SOUL AND DIVINITY OF YOUR DEARLY BELOVED SON, OUR LORD, JESUS CHRIST, IN ATONEMENT FOR OUR SINS AND THOSE OF THE WHOLE WORLD.**

- ❑ **FOR EACH SMALL BEAD, PRAY THIS PRAYER:**

**FOR THE SAKE OF HIS SORROWFUL PASSION, HAVE MERCY ON US AND ON THE WHOLE WORLD.**

- ❑ **AT THE END OF ALL 5 DECADES, PRAY THIS PRAYER 3 TIMES:**

**HOLY GOD, HOLY MIGHTY ONE, HOLY IMMORTAL ONE, HAVE MERCY ON US AND ON THE WHOLE WORLD.**

- ❑ **END WITH THE SIGN OF THE CROSS.**

### **PRAYER BY ST. GEMMA GAGLIANI**

My crucified God, behold me at Your feet.  
Do not reject me, a poor sinner, as I appear before You.  
I have offended You much in the past, my Jesus,  
but in the future I resolve to sin no more.  
My God, I put all my sins before You.  
I have considered them and realize  
they do not deserve Your pardon.  
But I beg of you to cast one glance upon Your sufferings  
and see how great is the worth of that Precious Blood  
that flows from your veins.  
My God, at this hour close Your eyes to my want of merit  
and open them to Your infinite merits.  
Since You, dear Jesus, have been pleased to die for my sins,  
grant me forgiveness for them all,  
that I may no longer feel their heavy burden,  
which presses me to the earth.  
My Jesus, help me, for I desire to become good,  
no matter what it may cost.  
Take away, destroy, root out completely all that You find in me  
that may be contrary to Your holy Will.  
At the same time I beg You, O Jesus, to enlighten me,  
that I may be able to walk in Your holy light.

### **PRAYER BY ST. JEROME**

Show me, O Lord, Your mercy, and delight my heart with it.  
Let me find You whom I so longingly seek.  
Behold, here is the man whom the robbers seized,  
manhandled, and left half dead on the road to Jericho.  
Kind-hearted Samaritan, come to my aid!  
I am the sheep who wandered into the wilderness.  
Seek after me and bring me home again to Your fold.  
Do with me according to Your Will,  
that I may abide with You all the days of my life,  
and praise You with all those who are with You in heaven  
for all eternity. Amen.

## PRAYERS AFTER CONFESSION

### PRAYER BY ST. FRANCIS XAVIER CABRINI

My dearest Jesus, I have told all my sins as well as I could.  
I tried hard to make a good confession.  
I feel sure that you have forgiven me. I thank You.  
It is only because of all Your sufferings  
that I can go to confession and free myself from my sins.  
Your Heart is full of love and mercy for poor sinners.  
I love You because You are so good to me.  
My loving Savior, I shall try to keep from sin  
and to love You more each day.  
My dear Mother Mary, pray for me  
and help me to keep my promises.  
Protect me and do not let me fall back into sin.  
Almighty God, kneeling before Your Divine Majesty,  
I adore You and because You command me,  
I dare approach Your divine Heart.  
But what shall I say if You do not enlighten me  
with a ray of Your divine light?

Speak to my soul, O Lord,  
and command me to listen to Your voice.  
Enlighten my will to put Your words into practice.  
Pour Your grace into my heart;  
lift up my soul weighed down by my sins;  
raise my mind to heavenly things,  
so that earthly desires may no longer appeal to me.  
Speak to my soul with Your divine omnipotence,  
for You are my salvation, my life, and my peace,  
in time and in eternity.  
Strengthen me with the grace of Your Holy Spirit  
and give Your peace to my soul  
that I may be free from all needless worry and care.  
Help me to desire always  
that which is pleasing and acceptable to You  
so that Your Will may be my will,  
Grant that I may rid myself of all unholy desires,  
and that for Your love I may remain unknown in this world,  
and be known only to You.

Do not permit me to attribute to myself the good  
that You perform in me and through me,  
but rather, referring all honor to Your majesty,  
may I glory only in my weakness,  
so that renouncing sincerely  
all vain glory which comes from the world,  
I may aspire to the true and lasting glory  
which comes from you. Amen.

### PRAYER BY ST. GERTRUDE THE GREAT

O Almighty and merciful God,  
whose mercy is boundless,  
and the riches of whose goodness are infinite,  
I give Thee thanks with all my mind and heart  
for the amazing and exceeding goodness  
which Thou hast now shown me  
in so graciously pardoning all my sins  
and restoring me to Thy grace and favor.  
Blessed be Thy Divine compassion, O my God,  
and blessed be the incomprehensible love  
of Thy beloved Son,  
which constrained Him to institute  
so gentle and so mighty a remedy for our sins.  
Wherefore, in union with all the thanksgivings  
which have ever ascended to Thee from truly penitent hearts,  
I sing aloud Thy glad praises on behalf of all  
in Heaven, on earth, and in Purgatory, forever and ever. Amen.