

INVITATION

"Neither will I condemn you. Go your way and from now on sin no more." These are the words spoken by Jesus Christ, the Son of God, to the woman accused of committing a serious sin. Remember even the good thief hanging on the cross next to Jesus, acknowledging his sinfulness, asked Jesus:

Lord remember me, when you come into your kingdom...

Jesus said: *"This day you shall be with me in paradise."*

No matter how deeply we have fallen into sin, we should never fear God because He is our Father Who knows our weaknesses but loves us without limit. Never fear any priest in the confessional as he is God's representative placed there to help us, and he, too, is a sinner in need of God's mercy.

If it is a long time since your last confessions, if there are some sins that you don't know how to confess or are afraid to tell the priest, if you are mixed up about past confessions or if you have any questions or problems, ask the priest in the confessional to help you.

Please do not postpone your confession; that never solves anything.

"If today, you hear His voice... harden not your hearts"

REVIEW OF LIFE

1. Do I love God above all else? Do I put anything ahead of Him: money, power, sex? Blamed Him when I was dissatisfied?
2. Have I sworn falsely? Used profanity?
3. Have I attended Mass on Sunday? Prayed often?
4. Do I respect my parents and all in authority? Been critical of them? Do I support my parents if they need it?
5. Have I injured or endangered anyone by my anger, drunkenness or carelessness? Have I used drugs or alcohol to excess?
6. Have I been pure in thought, word and deed? Had an abortion? Advice procured or participated in one?
7. Have I stolen? Damaged property? Given to the Church?
8. Have I lied about anyone? Damaged anyone's reputation?
9. Have I been jealous or envious? Been mean or petty toward those who have more than I?
10. Have I respected the marriage bonds of others even in my thoughts?

METHOD OF CONFESSION

Forgive me, Father, for I have sinned.
It is _____ (length of time) since my
Last confession and these are my sins.

A Prayer of Sorrow

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.

(Adapted from "I am a Catholic..." Monastery of the Precious Blood, Watertown, N.Y.)