



STEP BY STEP

Confession Guide

Reconciliation may be face-to-face or anonymous, with a screen between you and the priest. Choose the option that is the most comfortable for you.

1. "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."
2. "Bless me, Father, for I have sinned. It has been [how many years, months, or days] since my last confession."
3. "These are my sins..."
Please, ONLY YOUR SINS.
Story or context is not necessary.
4. "For these sins and all the sins I've forgotten, I am sorry."

ACT OF CONTRITION

*Oh 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.*



PRINCE OF PEACE
CATHOLIC COMMUNITY

LOVE GOD. LOVE OTHERS.
MAKE DISCIPLES. SEND APOSTLES.

The Sacrament of Reconciliation
is celebrated:

MONDAY & THURSDAY
5 - 6:30 PM

SATURDAY
8 - 9 AM



POPHouston.org/confession

*Need to talk with a priest further or
need spiritual guidance?*

Contact the office to schedule an
appointment: 281.469.2686

"Confession is an act of honesty and courage – an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God."

ST. JOHN PAUL II



A SHORT GUIDE FOR
RECONCILIATION

EXAMINATION OF CONSCIENCE

I am the Lord your God. You shall not have strange gods before me.

- Do I love God with my whole heart above all other things in my life? Or have there been other things (work, money, hobbies, relationships, responsibilities, etc.) that have taken more time, care, importance than Him?
- Do I give God time every day in prayer?
- Have I engaged superstitious practices or the occult in any way?
- Have I ever received communion in the state of mortal sin?
- Have I ever deliberately told a lie in Confession or withheld a mortal sin in confession?

You shall not take the name of the Lord your God in vain.

- Have I used God's name in vain: lightly or carelessly?
- Have I been angry with God?
- Have I wished evil upon others?
- Have I insulted a sacred person or disrespected a sacred object?

Remember to keep holy the Lord's Day.

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Do I do needless work on Sunday?

Honor your father and your mother.

- Do I honor, respect and care for my parents?
- Have I neglected my duties to my family, my spouse, and children?

You shall not kill.

- Have I had an abortion or encouraged or helped anyone to have an abortion?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone by leading them into sin?
- Have I been angry or resentful, or encouraged hatred in my heart?
- Have I encouraged or condoned sterilization in myself or someone else?
- Have I engaged, in any way, in sins against human life such as artificial insemination or in vitro fertilization?
- Have I participated in or approved of euthanasia?

You shall not commit adultery.

- Have I engaged in any sexual activity outside of marriage?
- Have I used any method of contraception or artificial birth control?
- Have I been faithful to my marriage vows in thought and action?
- Has each sexual act in my marriage been open to the transmission of new life?
- Have I been guilty of masturbation or other inappropriate acts with myself or others?
- Have I been guilty of any homosexual activity?
- Am I careful to dress modestly?

You shall not steal.

- Have I stolen what is not mine?
- Do I waste time at work, school, and home?
- Do I seek to share what I have with the poor?
- Have I cheated anyone out of what is justly theirs?

You shall not bear false witness against your neighbor.

- Have I lied? Have I gossiped?
- Do I speak badly of others behind their back?
- Am I critical, negative, or uncharitable in my thoughts of others?

You shall not desire your neighbor's wife.

- Have I entertained impure thoughts, feelings, or desires?
- Have I caused them by impure reading, movies, television, conversation, or curiosity?
- Have I behaved in an inappropriate way with members of the opposite sex: flirting, inappropriate messages/conversations, crossing boundaries (physical, emotional, psychological), etc.?

You shall not desire your neighbor's goods.

- Am I jealous/envious of what other people have (family, relationships, job, possessions, etc.) or how they are?
- Am I greedy or selfish?

<https://www.ncregister.com/info/confession-guide-for-adults>

For more
Confession Resources, visit
POPHouston.org/confession



WHAT IS

RECONCILIATION?

Reconciliation is a warm invitation to experience God's mercy and begin anew. Through this sacrament, we open our hearts to forgiveness, healing, and the grace that restores our relationship with God and one another.

Forgiveness of sins involves four key parts:

- **Contrition:** This is the heartfelt sorrow for our sins, a sincere regret that turns our hearts toward God.
- **Confession:** In confession, we openly acknowledge our wrongdoings before God and His Church, releasing the burden of guilt.
- **Penance:** Penance is our commitment to make amends and change our ways, demonstrating a genuine desire to grow in holiness.
- **Absolution:** Absolution is the divine forgiveness that washes away our sins, renewing our spirit and restoring our bond with God.

