



SATISFACTION

Satisfaction is “the carrying out of certain acts of penance which the confessor imposes upon the penitent to repair the damage caused by sin.” Though one may receive Holy Communion before completing the penance given in Confession, a good practice is to perform the penance immediately or as soon as possible before forgetting it.

THE TEN COMMANDMENTS

1. I am the Lord your God: You shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord’s Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor’s wife.
10. You shall not covet your neighbor’s goods.

Jesus said to the Apostles, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven” (John 20: 22-23).



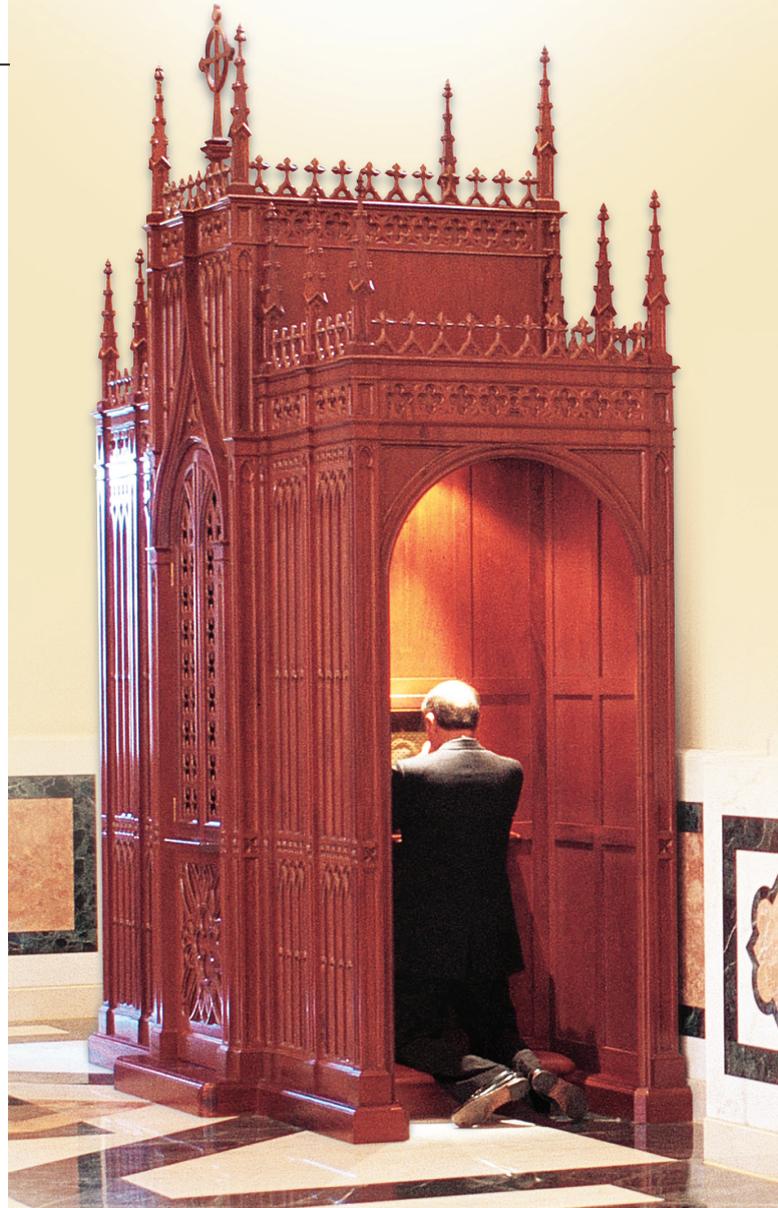
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How Do I Go To Confession?



WHY GO TO CONFESSION?

Jesus entered this world for our salvation and to forgive sins. As lovingly told in the story of the Prodigal Son, Jesus calls all of us to repent of sin and to be reconciled with God and neighbor. The Sacrament of Confession gives us the grace to grow in holiness and to strengthen our will to do what is right. The Church welcomes and encourages you to experience the joy and peace of heart which comes when you accept God's invitation to reconcile.

There are four necessary steps to confession:

1. **A Careful Examination of Conscience**
2. **Contrition or Repentance**
3. **Confession**
4. **Satisfaction**



EXAMINE YOUR CONSCIENCE

After praying for God's help, begin now to examine your conscience. As you begin, note mentally any sins that you remember. As you remember them, recall also the number of times you committed each mortal sin. For example: "once"; "twice a week"; "once a month"; etc.

If you have difficulty remembering, try to examine yourself against the Ten Commandments, the Precepts of the Church, and the Seven Capital Sins. The reason why some sins are called "capital" is because they lead to other sins and/or vices.

CONTRITION OR REPENTANCE - PRAYER BEFORE CONFESSION

O most merciful God! I implore your forgiveness. I sincerely desire to leave all my evil ways and to confess my sins with all sincerity to you and to your priest. I am a sinner; have mercy on me, O Lord. Give me a lively faith and a firm hope in the Passion of my Redeemer. Give me, for your mercy's sake, a sorrow for having offended so good a God. Mary, my mother, refuge of sinners, pray for me that I may make a good confession. Amen.

HOW TO GO TO CONFESSION

1. You always have the option to go to Confession anonymously, that is, behind a screen or face to face, if you so desire.
2. After the priest greets you in the name of Christ, make the Sign of the Cross. He may choose to recite a reading from Scripture, after which you say: "Bless me Father for I have sinned. It has been (state how long since my last confession). These are my sins."
3. Tell your sins simply and honestly to the priest. You might even want to discuss the circumstances and the root causes of your sins and ask the priest for advice or direction.
4. Listen to the advice the priest gives you and accept the penance from him. Then make an Act of Contrition for your sins.

AN 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.

5. The priest will then say the words of absolution and conclude with: "The Lord has freed you from your sins. Go in peace." You respond by saying: "Thanks be to God."
6. Spend some time with Our Lord thanking and praising Him for the gift of His mercy.