

"When you drop dead, God will give you what you love the most forever..."
-Fr. Larry Richards

THE SACRAMENT OF RECONCILIATION

CONFESSION CHEAT SHEET

10 COMMANDMENTS

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord 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
9. You shall not covet your neighbor's wife
10. You shall not covet your neighbor's goods

"THE QUESTIONS"

-By Fr. Larry Richards

Do you pray everyday?

Have you used God's name in vain?

Have you missed mass?

Have you dishonored parents?

Have you gotten angry? Hurt others with your words?

Have you made fun of others?

Have you helped others have an abortion?

Have you had impure thoughts? Have you been impure with yourself?

Have you had oral sex or other sexual acts?

Have you watched pornography?

Have you lied? Have you cheated? Have you stolen?

Have you gossiped? Have you been jealous?

Have you gotten drunk? Have you gotten high?

Have you been judgmental? Have you been proud?

Have you consistently taken care of the poor?

CONDITIONS FOR MORTAL SIN

Full Knowledge (I know this is wrong)

Full Consent (I'm going to do it anyway)

Serious Matter (10 Commandments)

STEPS TO CONFESSION:

1) Make the sign of the cross saying:

"Bless me Father for I have sinned, it's been _____ since my last confession."

2) Confess sins (Don't be vague, have confidence in God's mercy - the priest has heard it all before.)

3) 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

4) Receive a penance

5) Listen to the words of absolution, respond "Amen"

6) Priest: "Give thanks to the Lord, for he is good."

Response: "His mercy endures forever."

