



THE “IT’S BEEN A WHILE” GUIDE TO CONFESSION

SACRAMENT OF PENANCE

A Jubilee Year is all about renewing and reconnecting with God. If it has been a while since your last confession, not to worry! We’ve got you! Here is a reminder on what to expect and how to get the most out of it!

1. BEFORE YOU GO

Take a few minutes to sit with God and reflect upon areas where you might not have failed to honour God in your choices - an “examination of conscience.”

2. BRIEF EXAMINATION OF CONSCIENCE

My Relationship with God

- Have I taken steps to help me grow closer to God?
- Have I faithfully attended Sunday Masses?
- Do I let God into my daily life, including prayer or getting to know Jesus by reading the Bible?
- Do I honour God, using his name with reverence?

Myself & Others

- Have I shown love & respect for myself, God’s good creation?
- Have I set a good example through my words or actions?
- Am I faithful and loving in my relationships?
- Do I speak of others with kindness and generosity?
- Do I judge the motives of others? Do I forgive others?
- Do I pray for the needs of myself and others?
- Do I insist on getting my own way? Do I respect others?
- Have I taken or damaged anything that did not belong to me?
- Was I envious of someone else? Have I cheated or lied?
- Do I promote and support life in all its stages?



3. THE RITE OF PENANCE

1. Priest gives a blessing or greeting.
2. Make the Sign of the Cross and say “Bless me father, for I have sinned. My last confession was...” (Give weeks, months, years).
3. Confess all your sins to the priest. (If you are unsure or uneasy, the priest will guide you.)
4. The priest assigns a penance and offers advice to help you grow in closer relationship with God
5. Say an Act of Contrition, expressing your sorrow for your sins. (“O my God, I am very sorry that I have sinned against you, because you are so good, and with your help I will not sin again. Amen.”)
6. The priest, acting in the person of Christ, then absolves you from your sins.

4. AFTER ABSOLUTION:

The priest may have asked you to perform a penance, i.e. to pray specific prayers, or some other concrete act. Doing whatever the priest asks will help you in your relationship with God and others and it’s best to do it as soon as possible after confession so that you don’t forget!

Give thanks to the Lord - His mercy endures forever!



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