

ACT OF CONTRITION

Oh, my God, I am heartily sorry for having offended You and I detest all my sins above every other evil because they displease you My God, who for thy infinite goodness is deserving of all my love.

I firmly resolve with the help of Your grace, to confess my sins, to do penance and to amend my live. Amen.

PRAYER AFTER CONFESSION

Eternal Father, I thank You, I bless You for Your goodness and mercy. You had compassion on me, although in my folly I had wandered far away from You and offended You most grievously. Never again will I grieve You by ingratitude or disobedience to Your Holy Will. May all that I am, all that I have, all that I do be consecrated to Your service and You glory.

"Sacred Heart of Jesus, I trust in You"

Grant to us, Your servants, we beseech You, oh Lord God, to enjoy continued health of mind and body, and through the glorious intercession of the Blessed Virgin Mary, be freed from present sorrow and enjoy eternal happiness through Christ our Lord, Amen.

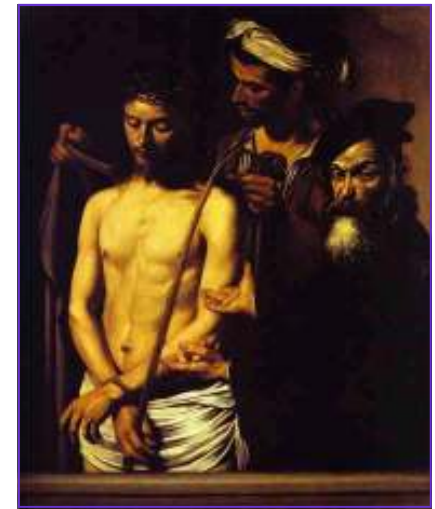
PRAYER FOR HEALTH

Grant to us, Your servants, we beseech You, oh Lord God, to enjoy continued health of mind and body, and through the glorious intercession of the Blessed Virgin Mary, be freed from present sorrow and enjoy eternal happiness through Christ our Lord, Amen.

Project Rachel Retreat

How to go to Confession

Have Mercy on me, oh God, According to your Mercy, according to your great clemency blot out my iniquity. Wash me completely from my guilt and cleanse me from my sin. (Psalm 51)



Prayers before Confession

Oh most merciful Father in Heaven, relying on Your goodness and mercy, I come to You as a prodigal son/daughter to confess my sins and to implore Your forgiveness. You will not despise a contrite and humble heart. I acknowledge my ingratitude for Your many favors in the past. I sincerely repent and I desire, from now on, to walk always in the way.

EXAMINATION OF CONSCIENCE

When did I make my last confession? Was it a good one or have I withheld some serious sins?

- 1. Have I denied or doubted the teachings of the Church? Despaired of God's mercy? Neglected daily prayers? Consulted fortune tellers, etc.? Been superstitious?
- 2. Have I taken God's name in vain? Cursed? Blasphemed? Lied under oath? Involved in the occult/Satanism?
- 3. On Sundays: have I deliberately missed Mass? Kept others from Mass? Been late for Mass? Worked unnecessarily?
- 4. Have I disobeyed, angered or been disrespectful with my parents? Have I neglected to help them in need? Have I angered or insulted my wife/husband accused him/her wrongfully, or given bad example? Failed to discipline the children or neglected their religious education?
- 5. Have I caused the death of another? Desired harm to others? Counseled, caused or consented to abortion? Been unreasonably angry, quarreled or hated? Have I been drunk? Taken drugs?

- 6. Have I taken willful pleasure in impure thoughts or had willful impure desires? Have I committed impure acts alone or with others? Read immodest books or looked at or showed immodest pictures? Been immodest in dress or actions? (For the married) Have I used contraceptives, practiced pre-marital sex, adultery, pornography and masturbation?
- 7. Have I stolen or destroyed other's property? Neglected to pay just debts or defrauded insurance companies? Wasted time for which I was paid? Desired to possess unjustly my neighbor's goods?
- 8. Have I told lies? Encouraged or engaged in malicious gossip? Lied to harm my neighbor? Revealed the secret faults of others?
- 9. Did I fast and abstain on the Lenten days of fast and abstinence, etc.?
- 10. Other Sins
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After realizing your sins, sincerely detest them and ask for the grace of true sorrow for them.

Oh most merciful God, Father in Heaven, relying on Your goodness and mercy, I come to you as a prodigal son to confess my sins and to implore Your forgiveness. You will not despise a contrite and humble heart. I acknowledge my ingratitude for your many favors in the past, but I sincerely repent and I desire from now on to walk always in the way of your Holy Law.

Oh holy Spirit, come in Your mercy, enlighten my mind and strengthen my will, that I may know my sins, humbly confess them, and sincerely amend my life.

Mary, My Mother, a refuge of sinners, assist me in Intercession.
Holy Angels and Saints of God, pray for me.

FORMAT FOR CONFESSION

- 1. Bless me Father, for I have sinned. It has been.....since my last confession.
- 2. These are my sins.....
- 3. Then say the act of Contrition.
- 4. After confession complete the penance given by the Priest