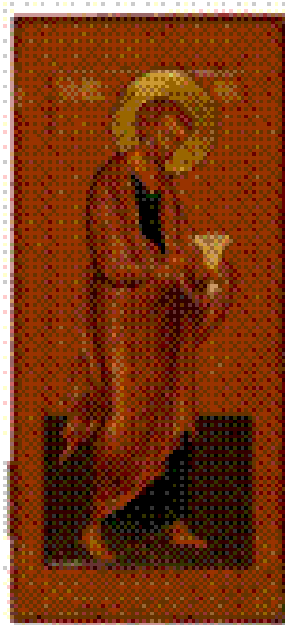


## Saint Peter The Apostle Catholic Church

Serving the people of  
God

### Sacrament of Reconciliation: How to go to confession

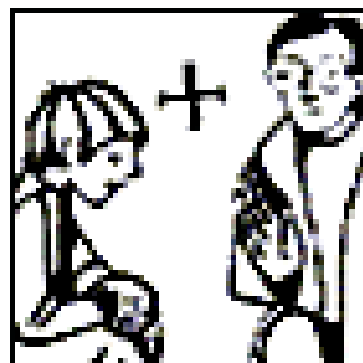


#### Saint Peter The Apostle Catholic Church

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#### Schedule for Reconciliation

Saturdays 2:30-3:30 in Rocky Ford  
Fourth Saturday 9:00 am Ordway  
Fourth Saturday 10:30 Fowler  
Communal Reconciliation services are  
celebrated in Lent and Advent.

If you need to go to confession, you  
can always make an appointment or  
approach the priest before Mass

## Examination of Conscience

The Examination of conscience is the heart of the  
preparation to make a good confession. Time  
must be given to this before you approach the  
sacrament in order to receive the fullest possible  
benefits from God's Mercy and forgiveness.

Here are a few points to consider as you prepare  
yourself to make your confession:

- 1) **I am the Lord your God, you shall have no other gods before me.**
  - What have I made more important than God, and obeying God in my life?
  - Have I pushed God out of my life?
- 2) **You shall not use My Name in vain.**
  - Have I cursed or sworn, or used foul language?
  - Have I lied or made an oath using God's Name?
- 3) **You shall keep the Lord's Day Holy.**
  - Have I attended Mass every Sunday and Holy Day of Obligation? How many times did I miss Mass and why?
- 4) **You shall honor your father and mother.**
  - Have I brought shame to my family by my lifestyle, actions or words?
  - Have I been disrespectful to my parents, elders or clergy?
- 5) **You shall not murder.**
  - Have I been violent in word or deed toward another?
  - Have I gossiped or spoken ill of another?
  - Have I had an abortion or encouraged someone to have one?
- 6) **You shall not commit adultery.**
  - Have I looked at another lustfully, either in life or in video or pictures or literature?
  - Have I done sexual acts with someone who was not my spouse?
  - Have I been intimate in word or deed outside of marriage?
- 7) **You shall not steal.**
  - Have I misused my sexual faculties by inappropriate touch, or contraception?
  - Have I taken something that was not mine?
  - Have I not given a full hour's work for a full hour's pay?
  - Have I intentionally destroyed another's property?
- 8) **You shall not bear false witness.**
  - Have I lied to avoid getting in trouble or to preserve my reputation?
  - Have I lied to put someone in an inferior light, or to get **them in trouble?**
- 9) **You shall not covet your neighbor's wife.**
  - Have I desired another's spouse, girlfriend or boyfriend?
  - Have I acted to cause someone to break up?
- 10) **You shall not covet your neighbor's goods**
  - Have I kept something that I borrowed?
  - Have I not replaced something that I borrowed and broke?
  - Have I not paid my rent on time?
  - Have I not paid my bills?

It may help to make a list and keep it with you as you make your confession of sins.

## Reconciliation: How and Why?



The confession of sins has been a part of the faith of all people who honor God and seek to obey Him. It has its roots in the earliest days of the Jewish religion, with sacrifices being offered in atonement for the sins of individuals and for the nation. The prescriptions of the Mosaic Law mention the sacrifice of different kinds of foodstuffs to demonstrate the depth of the penitent's contrition and resolve to amend their life.

At the root of the whole understanding of confession/reconciliation is that there is a God who means what He says when he prescribes how we ought to behave toward Him and toward our fellow men and women and children. When we offend against that set of Divine Laws, we must not only be contrite and ask forgiveness, but we also must make restitution for those we have offended, whether it be God or another person.

The presupposition behind Sacramental confession is that the person, now living in the life of the Spirit through their Baptism has already been afforded salvation, but by their actions have lost it again through their sinful actions and abandonment of the Love of God. Hence, Sacramental confession does not save us directly, it does by the grace of God restore our relationship with God.

### The Rite: How to go to confession

After making your examination of conscience (see back) Go into the confessional and begin:

**Penitent:** Give thanks to the Lord for He is good, His love is everlasting.

**Priest:** May the Good Lord bless you with His Spirit that you may make a good confession, Amen.

**Penitent:** Bless me, Father, for I have sinned, it has been (#) weeks since my last confession and these are my sins.

Then you tell the Priest your sins. Then you say:

**Penitent:** For these and all my sins I am sorry and ask God's pardon and absolution.

When you have finished the priest may ask you questions to clarify what happened, how you came to do what you did, and perhaps what you have discovered about your self regarding this or

that sin you have confessed. The priest may have some suggestions for you to avoid the sins you have confessed. Then he will assign you a penance. When you accept the penance, he will ask you to recite the Act Of Contrition.

### Act Of Contrition

O my God, I am sorry for all 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 the help of your grace to sin no more and to avoid whatever leads me to sin. Our Savior Jesus Christ died for our sins. In His name, O God, I beg your mercy, Amen.

Then the priest will absolve you from your sins. At the end he will say.

**Priest:** Go in peace, your sins are forgiven.

**Penitent:** Thanks be to God!

Then the penitent leaves the confessional to begin the penance that was given. The penance should be completed within 8 days of the celebration of Reconciliation.

### Communal Celebrations

Communal celebrations of Reconciliation are opportunities to celebrate with others our common need for sacramental forgiveness. However, absolution (the effective part of the sacrament) is only given to penitents who make an individual confession as part of this kind of celebration. In other words, if you only attend the service but do not confess your sins, you have neither received the sacrament, nor fulfilled your obligation to go to confession at least once a year.

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