

Confession - Aide*

PREPARATION FOR CONFESSION

"Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained." (JOHN XX, 23.)

WHAT IS THE SACRAMENT OF PENANCE?

Penance is a Sacrament in which the sins committed after Baptism are forgiven.

WHAT IS CONFESSION?

Confession is the telling of our sins to a duly authorized Priest for the purpose of obtaining forgiveness.

WHY SHOULD WE GO TO CONFESSION FREQUENTLY?

Frequent Confession greatly helps us to overcome temptations, to keep in the state of grace and to grow in virtue.

WHAT IS NECESSARY TO MAKE A GOOD CONFESSION?

Five things are necessary for a good Confession.

1 Examination of conscience.

We should make an earnest effort to call to mind all the sins we have committed since our last worthy Confession.

2 Sorrow for sins.

We should have sorrow for our sins because sin is the greatest of all evils, gravely offends God and mortal sin shuts us out of heaven and condemns us to the eternal pains of hell.

3 Firm resolution never more to offend God.

We must resolve not only to avoid sin but also the persons, places and things that may easily lead us into sin.

4 Confess our sins to a Priest.

We must tell all our mortal sins to a Priest, their kind and the number of times we have committed each one.

5 Say the Penance which the Priest gives us.

The Priest gives us a penance that we may make some atonement to God for our sins, receive help to avoid them in the future and make some satisfaction for the temporal punishment due to them.

PRAYER BEFORE CONFESSION

O Holy Ghost, source of all light, come to my assistance and enable me to make a good confession. Enlighten me, and help me to know my sins as one day I shall be forced to recognize them before Christ's judgment-seat. Bring to my mind the evil which I have done and the good which I

have neglected. Grant me, moreover, heartfelt sorrow for my sins, and the grace of a sincere confession, so that I may be forgiven and admitted into Thy everlasting friendship. Mary, my Mother help me to make a good confession. (Hail Mary, 3 times.)

EXAMINATION OF CONSCIENCE

THE TEN COMMANDMENTS

1 I am the Lord thy God; thou shalt not have strange gods before Me.

The first commandment forbids the worship of false gods, belief in fortune tellers or astrology.

2 Thou shalt not take the name of the Lord thy God in vain.

The second commandment forbids all false, rash, unjust and unnecessary oaths, blasphemy, cursing and profane words.

3 Remember, thou keep holy the Sabbath day.

The third commandment obliges us to hear Mass on Sundays and Holydays of obligation; forbids all unnecessary servile work.

4 Honor thy father and thy mother.

The fourth commandment forbids all disobedience, contempt and stubbornness towards our parents or lawful superiors.

5 Thou shalt not kill.

The fifth commandment forbids all willful murder, fighting, anger, hatred, revenge and bad example; abortion and unlawful birth control.

6 Thou shalt not commit adultery.

9 Thou shalt not covet thy neighbor's wife. The sixth and ninth commandments forbid unchaste thoughts or desires of another's husband or wife; all impurity and immodesty in words, looks, thoughts and actions, whether alone or with others.

7 Thou shalt not steal.

The seventh commandment forbids all unjust taking or keeping what belongs to another.

8 Thou shalt not bear false witness against thy neighbor.

The eighth commandment forbids all rash judgment, back-biting, slander and lies.

10 Thou shalt not covet thy neighbor's goods.

The tenth commandment forbids all desires to take or keep wrongfully what belongs to another.

THE COMMANDMENTS OF THE CHURCH

1 Assist at Mass on Sundays and Holydays of obligation. **2** To fast and abstain on the days appointed.

3 To confess our sins at least once a year. **4** To receive Holy Communion during the Easter time.

5 To contribute to the support of the Church. **6** To observe the laws of the Church concerning marriage.

THE SEVEN CAPITAL SINS

Pride, Covetousness, Lust, Anger, Gluttony, Envy and Sloth.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, because I dread the loss of heaven and the pains of hell, but most of all because I have offended Thee who art so good and deserving of all my love. I firmly resolve with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen.

METHOD OF CONFESSING

When your turn comes, go into the Confessional — When the Priest opens the slide make the sign of the Cross and in a moderate, low voice — say: — Bless me Father for I have sinned. I confess to Almighty God, and to you, Father. It is (how long) since my last confession. Since then I have . . . (tell your sins).

Listen to what the Priest says; answer all questions. Pay particular attention to the Penance he gives you. While the Priest recites the words of absolution, say the Act of Contrition.

Make this Confession as though it were your last.

*REG. U.S. PAT. OFF.

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PRAYERS AFTER CONFESSION

"What does it profit a man, if he gain the whole world, but suffer the loss of his own soul?" (MARK VIII, 36.)

SAY THE PENANCE GIVEN BY THE PRIEST

ACTS OF THANKSGIVING

O my God, from the bottom of my heart, I thank Thee for having thus forgiven me. Mary, my Mother, and all ye Holy Angels and Saints, join with me in giving thanks to God for His boundless mercy in thus washing away my sins.

Praise, honor and glory, be given to Thy Holy Name, O Lord, who hast showed Thy mercy to so wretched, so ungrateful a sinner as myself . . . I have deserved infinite punishment but in Thy goodness and mercy Thou inspirest me with a confident hope of salvation. Truly, Thou art the God of all consolation, the true comfort of sinners, who from the shades of eternal death guideth them to the possession of peace and joy . . . may all the world know Thy goodness, may all feel Thy mercy, that all may praise Thee, O God, as Thou deservest.

PRAYER TO THE SACRED HEART

O most holy Heart of Jesus, source of all blessings, I adore Thee and love Thee, and with a lively sorrow for my sins, I offer this poor heart of mine to Thee. Make it humble, patient, pure and conformed to Thy will in all things. Grant, good Jesus, that I will live in Thee and for Thee. Protect me in dangers, console me in my afflictions, grant me health of body, assistance in my material needs, Thy blessing in all my undertakings and the grace of a holy death,

Indulgence of 500 days. (S. P. Ap., Nov. 8, 1934.)

MEMORARE TO THE BLESSED VIRGIN

Remember, O most gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help or sought thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee do I come, before thee I stand, sinful and sorrowful; O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Indulgence of 3 years. (S. P. Ap., Sept. 8, 1935.)

PRAYER TO ST. JOSEPH

Be mindful of us, O Blessed Joseph, and by the aid of thy prayer, intercede for us with thy foster-son, and do thou also obtain for us the favor of the most blessed Virgin, thy Spouse, the Mother of Him, who with the Father and the Holy Ghost liveth and reigneth world without end. Amen.

Indulgence of 3 years. (S. P. Ap., June 13, 1936.)

PRAYER TO YOUR PATRON SAINT

O heavenly patron, whose name I rejoice to bear, pray always to God for me; confirm me in the faith; strengthen me in the practice of virtue; defend me in the fight, that, victorious over the wicked enemy, I may deserve to attain eternal glory. Amen.

Indulgence of 300 days. (S. P. Ap., June 10, 1927.)

PRAYER TO YOUR GUARDIAN ANGEL

Angel of God, my guardian dear,
To whom His love commits me here;
Ever this day be at my side,
To light and guard, to rule and guide. Amen.

Indulgence of 300 days. (S. P. Ap., Oct. 27, 1935)

MYSTERIES OF THE ROSARY

(For the recitation of five decades: 5 years indulgence in private; 10 years indulgence if recited with others, once a day. S. P. Ap., March 18, 1932. Plenary indulgence, if recited before the Blessed Sacrament; Confession and Holy Communion required. Brief, Sept. 4, 1927.)

The Five Joyful Mysteries

To be used Sunday (Advent to Lent), Monday, Thursday. Also the following feast days: Christmas, Annunciation, Visitation, Purification.

- 1 The Annunciation 2 The Visitation
- 3 The Nativity 4 The Presentation
- 5 The Finding in the Temple

The Five Sorrowful Mysteries

To be used Sunday (Lent), Tuesday, Friday. Also Wednesday and Thursday of Holy Week.

- 1 The Agony in the Garden 2 The Scourging
- 3 The Crowning with Thorns
- 4 The Carrying of the Cross 5 The Crucifixion

The Five Glorious Mysteries

To be used Sunday, Wednesday, Saturday. Also Monday and Tuesday after Easter and Pentecost. Feast of the Ascension.

- 1 The Resurrection 2 The Ascension
- 3 The Descent of the Holy Ghost
- 4 The Assumption 5 The Coronation

PRAYER BEFORE A CRUCIFIX

Look down upon me, good and gentle Jesus, while before Thy face I humbly kneel, and, with burning soul, pray and beseech Thee to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins, and a firm purpose of amendment; while I contemplate, with great love and tender pity, Thy five most precious wounds, pondering over them within me, calling to mind the words which David, Thy Prophet, said of Thee, my Jesus: "They have pierced My hands and My feet, they have numbered all My bones."

(Ps. xxi 17, 18.)

For the recitation of the above prayer before a Crucifix: 1. Plenary Indulgence under the usual conditions, i.e., Confession, Holy Communion, and one "Our Father," "Hail Mary" and "Glory be to the Father" for the intention of the Holy Father. 2. For each devout recitation before a Crucifix: 10 years indulgence. (S. P. Ap., Feb. 2, 1934.)

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