

Things to Remember

- ❑ If it is a long time since your last confession ask the priest to help you.
- ❑ Don't make the mistake of putting off Confession - that never solves anything.
- ❑ Try to go to confession frequently - at least once a month.
- ❑ Sin is any deliberate thought, word, action or omission which would be against the Commandments of God.
- ❑ We have to be truly sorry for our sins, and to have the sincere intention of trying to improve our lives, for our sins to be forgiven.
- ❑ We are bound to include in our confession every serious (or mortal) sin of which we are aware.
- ❑ Treat sin the way you treat dirt or germs. You're not afraid to take a shower or throw your clothes in the wash, why not keep your heart and soul as clean as possible. Christ offers us a "heart wash".
- ❑ The conditions for a sin to be serious (or mortal) are:
 1. The offence **must be serious**.
 2. **We must know** that we are committing a mortal sin.
 3. There must be **full consent of our will** to the action.

-- by Fr. Daniel Long, LC

Contact Fr. Daniel if you would like to learn more about Confession or have any questions or comments.

- Tel: 5-1083 (campus phone) or 312-226-1880 (UIC JPH Newman Center)
- E-mail: danlong1@uic.edu
- Confession at the UIC Newman Center: 11:30 (Weekdays) & 12:30 (Tuesday)

At Confession

1. Begin by saying:

**"Bless me, Father, for I have sinned.
It is ___ weeks (or months, or years) since
my last confession"**.
2. Then tell the priest the sins you remember since the last confession.

(If any sins are serious, you should say how, many times you have committed them).
3. When you have finished your confession, just say:

**"I am sorry for these sins, and the sins of my
past life"**.
4. The priest may give you some advice, then he will give you the Penance (to be said later); and then he will ask you to recite an **Act of Contrition**:

**"O my God, because you are so good, I am
very sorry that I have sinned against you, and
by the help of your grace I will try not to sin
again"**.
5. The priest then gives you the Absolution (in these words):

+ God the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and *I absolve you from your sins, in the Name of the Father, and of the Son, + and of the Holy Spirit.*
Amen.
6. The priest may add this prayer:

+ May the Passion of our Lord Jesus Christ, the intercession of the Blessed Virgin Mary and of all the Saints, whatever good you do and suffering you endure, heal your sins, help you to grow in holiness, and reward you with everlasting life.
Amen.

How to go to Confession

1. Examine Our Conscience
2. Be Sorry For Our Sins
3. Make A Firm Purpose Of Amendment
4. Confess Our Sins To A Priest
5. Perform Our Penance

...if today there is someone who is still hesitating, ..., please remember this: the person who knows how to acknowledge the truth of guilt, and asks Christ for forgiveness, enhances his own human dignity and manifests spiritual greatness.

Because of Christ's love and mercy, there is no sin that is too great to be forgiven; there is no sinner who will be rejected. Every person who repents will be received by Jesus Christ with forgiveness and immense love.

Pope John Paul II ; Ireland, 1979