

WHY CONFESSION?

In the Sacrament of Reconciliation, also called Confession, we meet the Lord, who wants to grant forgiveness and the grace to live a renewed life in Him.

In this sacrament, he prepares us to receive him free from serious sin, with a lively faith, earnest hope, and sacrificial love in the Eucharist.

The Church sees Confession as so important that she requires that every Catholic go at least once a year.

The Church also encourages frequent confession in order to grow closer to Christ Jesus and his Body, the Church.

By the grace of the Holy Spirit, we seek forgiveness and repentance, let go of patterns of sin, grow in the life of virtue, and witness to a joyful conversion.



ACT OF CONTRITION

O my God,
I am heartily sorry for having offended Thee,
and I detest all my sins,
because I dread the loss of heaven,
and the pains of hell;
but most of all because they offend Thee, my God,
Who are all 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



FOR MORE RECONCILIATION
RESOURCES, VISIT
DIOBR.ORG/RECONCILIATION



The Roman Catholic Diocese of
BATON ROUGE

RECONCILIATION RESOURCES

from the Diocese of Baton Rouge





A BRIEF EXAMINATION OF CONSCIENCE

BASED ON THE 10 COMMANDMENTS

I am the Lord your God; you shall not have strange gods before me.

Have I treated people, events or things as more important than God?

You shall not take the name of the Lord your God in vain.

Have my words, actively or passively, put down God, the Church or people?

Remember to keep the Lord's Day.

Do I go to mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension, Aug. 15, Nov. 1, Dec. 8, Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with my family or in service on Sunday?

Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

Have I gossiped, told lies or embellished stories at the expense of another?

You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Copyright © 2013, United States Conference of Catholic Bishops, Washington DC. All rights reserved. Permission is hereby granted to duplicate this work without adaption for non-commercial use.

Scripture excerpts used in this work are taken from the New American Bible, rev. ed. © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Inc. Washington DC. All rights reserved. No part of this work may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without writing from the copyright owner.

CHRIST'S TWO COMMANDMENTS

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ give us two commandments: "He said to him, 'You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments'" (Mt 22:37-40).

Not sure what love is? St. Paul describes it for us in his Letter to the Corinthians. Is this how you love God and others? "Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things and endures all things. Love never fails" (1 Cor 13:4-8).

