



Prepare to go to confession by thinking about your sins and make a firm commitment, asking God's help, not to sin again.

Prayer Before Confession

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and with a contrite heart. Help me to firmly resolve not to commit them again. O Blessed Virgin, Mother of my Redeemer, intercede from me through the Passion of Your Son, that I may obtain the grace to make a good confession. All you blessed Angels and Saints of God, pray for me, a sinner, that I may repent from my sins, and that my heart may be forever united with yours in eternal love. Amen.

Rite of Reconciliation

Priest: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Penitent: Bless me. Father, for I have sinned. It has been (how long?) since my last confession, and these are my sins: (confess your sins)

Priest: (gives you a penance)

Penitent: (Pray an Act of Contrition):
(If not prayed in common)

O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

Priest: (Prayer of Absolution)
God, the Father of mercies, through the Death and Resurrection of his Son has reconciled the world to himself and poured out the Holy Spirit for the forgiveness of sins; through the ministry of the Church may God grant 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.

Priest: Give thanks to the Lord for he is good.

Penitent: For His mercy endures forever.

**Recite or do your penance
as soon as possible.**

St. Alphonsus Parish

*1567 Temple Drive
Maple Glen, PA 19002*



GUIDE TO RECONCILIATION

*Bring this guide with you to aide you in the
reception of this sacrament.*

Confession Times

Weekly Confessions

Saturday Mornings 9:45 to 10:30 AM

Saturday Afternoons 3:30 to 4:30 PM

Also available upon request.

Examination of Conscience **for a Good Confession**

1. **I AM THE LORD YOUR GOD; YOU SHALL NOT HAVE OTHER GODS BEFORE ME.** Did I fail to love God, to make God first in my life, to thank Him, trust Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless in saying my prayers? Do I give God time every day in prayer? Have I been involved in practices which are foreign to a Christian mentality?
2. **YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.** Did I curse or swear? Did I use God's Name in vain, lightly, carelessly, by blasphemy? Have I used foul language or jokes?
3. **REMEMBER TO KEEP HOLY THE SABBATH.** Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I arrive at Mass late or leave Mass early without serious reason? Have I been to Confession at least once a year? Did I receive Holy Communion in the state of serious (mortal) sin? Have I been to confession recently? In any of my previous confessions, did I lie to or deliberately conceal something from the priest? Did I do unnecessary work or unnecessarily cause others to work on Sunday?
4. **HONOR YOUR FATHER AND YOUR MOTHER.** Do I honor and obey my parents' just requests? Respect my brothers and sisters? Respect others with lawful authority, especially teachers? Have I talked back? Did I fail to help at home or to spend time with my family?
5. **YOU SHALL NOT KILL.** Did I give in to feelings of anger or jealousy? Did I keep hatred in my heart? Did I fight, give a bad example or cause scandal? Have I abused alcohol or drugs? Have I had or in any way permitted or encouraged homicide, abortion, euthanasia? Have I thought about suicide?
6. **YOU SHALL NOT COMMIT ADULTERY.** Did I consent to impure glances? Was I immodest in dress or behavior? Did I look at pornography? Am I guilty of impurity with self? Am I guilty of premarital sex, adultery or contraception? Do I live chastely according to my state in life (married, single, or ordained)?
7. **YOU SHALL NOT STEAL.** Have I stolen what is not mine or vandalized property? Have I cheated on tests or homework? Did I waste time at work?
8. **YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.** Have I lied, gossiped? Talked unkindly about others? Do I always tell the truth? Did I reveal secrets that should have been kept confidential? Am I critical, negative, or uncharitable in my talk?
9. **YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.** Have I consented to impure thoughts and desires? Have I encouraged them by stares, curiosity or impure conversations? Did I neglect to control my imagination?
10. **YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.** Is my heart set on earthly possessions or on the treasures in Heaven? Am I greedy, envious of others, or jealous of what others have?