



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*



YOUNG PEOPLE'S GUIDE TO RECONCILIATION

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

Confession Times

Every Saturday at

*9:45-10:30 a.m. & 3:30-4:30 p.m.
and upon request.*

An Examination of Conscience For a Good Confession

(by Fr. E. Filardi, Gaithersburg, MD)

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

Do I give time every day to God in prayer?
Do I put my trust in superstitions, good luck charms, rather than God alone?
Have I rejected any Church teaching or denied that I was a Catholic?

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

Have I used the words "God" or "Jesus" in anger or irreverently?
Have I used foul or ugly language? Have I wished evil on another?

III. Remember to keep holy the Lord's day.

Have I missed Mass on Sunday or any holy day of obligation?
Do I arrive at church late or leave early? Do I try to be reverent and pay attention during Mass?
Do I avoid unnecessary work on Sunday?
Do I make Sunday a day of prayer or rest?

IV. Honor your father and your mother.

Do I respect and obey my parents?
Have I dishonored or mistreated them by word or deed?
Am I willing to help around the house or must I be nagged a hundred times?
Do I try to get along with my brothers and sisters? Am I a tattletale or bully?
Do I give a good example, especially to younger siblings?

Do I respect others in authority: priests, nuns, police, old people, baby-sitters?

V. You shall not kill.

Do I beat up others or hurt their bodies?
Do I say cruel things, or make fun of others to hurt their feelings?
Do I say mean things about others behind their backs?
Have I stopped speaking to anyone? Do I encourage others to do bad things?
Do I try to love all people, born and unborn?

VI. You shall not commit adultery.

Do I treat my body and other people's bodies with purity and respect?
Do I look at television shows, movies, or pictures that are bad?
Am I modest in my speech and the clothes I wear?

VII. You shall not steal.

Have I taken things that were not mine from a store or another person?
Have I destroyed or misused another person's property for fun?
Do I return things that I borrow? In good condition?

VIII. You shall not commit false witness against your neighbor.

Am I honest in my school work?
Do I tell lies to make myself look good?
Do I tell lies to protect myself from punishment?
Do I tell lies that make another person look bad or get them in trouble?

IX. You shall not covet your neighbor's wife.

Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
Do I get mad when I have to share my friends?
Are there kids I will not play with or be mean to because they look different?

X. You shall not covet your neighbor's goods.

Am I jealous or envious of the things or abilities that others have?
Am I thankful to God and my parents for what they have given me?
Do I share the things I have with my family, friends and poor people?