

## **FIVE STEPS TO A GOOD CONFESSION**

### **1) EXAMINATION OF CONSCIENCE**

**When we examine our conscience, we think about whether the choices we have made showed love for God, ourselves, and others. We ask ourselves whether we have sinned, either by doing something that we know is against God's law, or by not doing something that God's law calls us to do.**

### **2) CONFESSION**

**We tell or confess our sins to the priest. We talk with the priest about ways to love God and others.**

### **3) PENANCE**

**The priest asks us to say a prayer or perform a good act that shows sorrow for sins. This prayer or act is called a penance.**

**It helps to make up for any harm caused by sin and to grow as a disciple of Christ.**

### **4) CONTRITION**

**We express heartfelt sorrow. We tell God we are truly sorry for our sins and firmly intend not to sin again. We say the Act of Contrition.**

### **5) ABSOLUTION**

**We are given God's forgiveness of our sins through the words and actions of the priest.**