

How To Go To Confession



- This handout picture released on March 28, 2014 by the Vatican press office shows Pope Francis during a confession as part of a penitential mass at St Peter's Basilica at the Vatican.

The Sacrament of Penance/Confession/Reconciliation

- “Receive the Holy Spirit. Whose sins you forgive are forgiven them.” (Jn 20:19-23)
- With these words Jesus instituted the sacrament of Penance
- In it we meet the Lord who wants to grant us forgiveness
- It is Jesus acting through the priest who forgives our sins.

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■ Examine your Conscience:

- Begin with prayer
- Reflect on your life since last Confession
- How have you neglected to “Love the Lord, your God, with all your heart with all your soul, and with all your mind,” and to “love your neighbor as yourself” (Mt. 22:37, 39)

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- Resources for Examining your Conscience:
 - Ten Commandments (Ex 20:2-17; Dt 5:6-21)
 - The Beatitudes (Lk 6:20-26)
 - Handouts
 - USCCB Resources for various circumstances:
 - <https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience>

Video: How To Go To Confession



[How To Go To Confession - YouTube](#)