

CONFESSION MANUAL FOR PREPARING TO RECEIVE THE SACRAMENT OF RECONCILIATION FOLLOWING THE 10 COMMANDMENTS

God forgives as if you had never sinned – no matter what you did.

By receiving absolution in confession your sin is not only forgiven:

IT CEASES TO EXIST! Imagine that! What a liberation!

Be courageous and let Christ set you free you from anything that is weighing on you.

1. I, the Lord, am your God. You shall not have other gods besides me.

God wants to be number one in my life. Have I put off my relationship with him until later? Do I only pray when I need something from him? How about my prayer life in general? Do I believe that God can help me? Are some people more important to me than he is? Have I made other people my idols? Have I been superstitious, have I tried scrying or did I put my faith in horoscopes?

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

God wants nothing more than for me to be happy. Do I have reverence for God? Have I mocked him? Have I criticized the church without love? Am I conscious of the fact that I am myself a part of the church and that I, a baptized Christian, represent the church through my thoughts, words and behaviour? Do I find it difficult to reveal my faith?

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

Sunday is the day of the Lord. What significance does Holy Mass have to me? Do I go to mass on Sundays? Have I carelessly gone to communion, without thinking about who I am receiving? Does attending Holy mass impact my life?

4. Honor your father and mother.

God has given me my father and mother as a gift. What is my relationship with my parents like? Is being in contact with them important to me? Can I forgive them? Do I pray for them? How do I act towards those who have responsibility for me? Or how do I treat those I am responsible for?

5. You shall not kill.

My body is entrusted to me by God, but ultimately it does not belong to me. Have I recklessly put my life and my health and that of others at risk? Have I hurt others, whether through words or deeds? Have I led others to commit evil deeds? (Abortion, alcohol, drug use ...) Was I resentful or vengeful? Was I willing to reconcile and contribute to peace?

6. You shall not commit adultery.

God has given us sexuality and he wants us to have a healthy relationship with it. Have I dwelled on impure thoughts or memories? Have I sought sexual excitement in movies, books, the internet or conversations? Have I done impure things? Alone through masturbation or with others?

For married people: Have I treated my spouse with respect and love in sexual relations? Or have I only sought my own pleasure? Have I been faithful to my spouse?

7. You shall not steal.

Property is a human right. Have I stolen? What and how much? Did I keep things I found/borrowed? Did I treat other people's property or my own property with care? Was I greedy for money? Was I stingy, envious, wasteful? Have I evaded taxes? Can I justify my lifestyle in view of the need of others?

8. You shall not bear false witness against your neighbor.

God wants me to remain honest and not harm others through my words. Do I make an effort to think well of others or do I judge hastily? Do I give others the opportunity to correct my prejudices? Do I denigrate others in order to benefit myself? Do I speak unkindly about others? Have I lied or deceived others to benefit myself? Have I been sincere? Did I try to appear to be more or better than I really am? Did I keep secrets entrusted to me and respect other people's secrets? Have I kept my word?

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

God protects the lifelong relationship between man and woman in marriage. How is my marital, pre-marital or extra-marital behavior? Am I aware that sexuality is a gift from God to express love? Do I treat people of the opposite sex with respect or do I speak disparagingly about men/women? Do I make an effort to love others as I would like to be loved by others?

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

God calls me to respect the property of my neighbor. How do I treat the property of others? Am I grateful for what I have? Do I give in to my own desires immediately or am I able to go without something once in a while? When was the last time I was generous towards others? Am I conceited or too ambitious? How do I deal with insults? Do I always need to come first? Can I overcome myself if I need to? Am I jealous? Do I get angry easily? Do I insist on my rights? Am I quarrelsome? Do I often need to have the last word? Do I like to be the center of attention? Do I tend to justify myself?

PRAYER BY
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Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge from appearances, but look for what is beautiful in my neighbours' souls and come to their rescue.

Help me, that my ears may be merciful, so that I may give heed to my neighbours' needs and not be indifferent to their pains and moanings.

Help me, O Lord, that my tongue may be merciful, so that I should never speak negatively of my neighbour, but have a word of comfort and forgiveness for all.

Help me, O Lord, that my hands may be merciful and filled with good deeds, so that I may do only good to my neighbours and take upon myself the more difficult and toilsome tasks.

Help me, that my feet may be merciful, so that I may hurry to assist my neighbour overcoming my own fatigue and weariness. My true rest is in the service of my neighbour.

Help me, O Lord, that my heart may be merciful so that I myself may feel all the sufferings of my neighbour. I will refuse my heart to no one. I will be sincere even with those who, I know, will abuse my kindness. And I will lock myself up in the most merciful Heart of Jesus. I will bear my own suffering in silence. May Your mercy, O Lord, rest upon me.

Amen.

