

Need Help Making a Good Confession?

Guidelines for Single Persons

Going to the Sacrament of Reconciliation (Confession) is not difficult, but it does require preparation.

You begin with prayer, placing yourself in the presence of God, our loving Father. You want to find healing and forgiveness through being repentant (sorry for your sins) and by firmly resolving to sin no more.

Review your life since your last confession, searching your thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an 'examination of conscience.'

Responsibilities to God:

- Have I attended Mass every Sunday?
- Do I do my best to be attentive and participate in the celebration of the Mass?
- Do I pray every day (10-15 minutes), and do I listen to the Lord in prayer?
- Do I read the Bible?
- Have I been resentful toward God and his commandments?
- Do I ask for God's help to conquer sin and temptation?
- Do I ask for God's help to be more faithful to what He asks of me?
- Am I working daily to grow closer to God: Father, Son, and Holy Spirit?
- Have I studied the truths of our faith and allowed them to become more part of the way I think and act?
- Have I read any spiritual books or religious literature, or attended any events to learn more about my faith?
- Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

Responsibilities to others and myself:

- Do I try to both talk *and listen* with an open heart to my family members?

- Have I had a smile for family members and loved ones, or am I critical, hurting someone's feelings?
- Am I willing to accept the help of others, or do I think I can do everything on my own?
- Do I try to be patient, kind, gentle, and self-controlled?
- Have I lied to or deceived my family or others?
- Have I refused to forgive others?
- Have I been arrogant, prideful, or stubborn?
- Have I gotten drunk or used drugs?
- Do I have any unhealthy habits or addictions that draw me away from God and from others?
- Am I honest with myself in my relationships with other people?
- Have I been jealous of others?
- In romantic relationships, do I try to protect my chastity and that of the other?
- Have I had any sort of sexual relationship with another outside of the sacrament of marriage?
- Do I treat my body and that of others with respect, or have I looked at others with lust, entertaining sexual fantasies?
- Do I look at pornography online, in movies, or in other media?
- Have I had an abortion or encouraged another to have one?
- Have I lied or cheated?
- Have I stolen anything? Have I paid it back?
- Have I been selfish or spiteful toward others?
- Am I thankful for the good things that others have, or do I get jealous or spiteful when I don't have the same things?
- Do I respect those in authority over me, or have I been resentful, angry, or insubordinate?
- Do I speak to those in authority over me—and about them—with respect?

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