

Need Help Making a Good Confession?

Guidelines for Those Who Are Sick

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.'

Family

- Am I grateful to those who look after me and visit me?
- Have I had a smile for family members and loved ones, or am I critical, hurting someone's feelings?
- Have I paid attention to my family's concerns, worries, and problems, or do I prefer to talk about my own?
- Am I at peace with everyone in my family?
- Do I apologize and forgive quickly?

Friends

- Do I always look for the best in people I encounter?
- Do I give a good Christian example to others?
- Am I thoughtful of others and attentive to my fellow patients and their needs?
- Am I sorry for the ways I have sinned against God and others, and do I try to make amends for them by my patient acceptance of weakness and illness?
- Do I pray for others who suffer from illness, loneliness, lack of faith, poverty, and injustice?
- Did I criticize my doctor, my caretaker, my child, for not serving me better?

Faith

- Do I trust God's goodness and providence, even in times of stress and illness?
- Do I give in to sickness, to despair, to other unworthy thoughts and feelings?
- Do I fill my empty moments with reflection on life and with prayer to God?
- Do I give more of my time to prayer than I used to do, to thanking God for everything, even my illness?
- Do I accept my illness and pain as an opportunity for suffering with Christ who redeemed us by his passion?
- Do I live by faith, confident that patience in suffering is of great benefit to the Church?

Helpful tips

- If you find yourself forced by health or circumstances to remain indoors; if you are confined to a hospital or rehabilitation center or nursing home; even if the confinement is temporary—take time to grow in your faith.
- You have a unique opportunity to grow in prayer and in godliness, and to devote more time to that which is truly important, your relationship with God.
- Choose your reading material carefully, and be sure to include the Scriptures and some inspirational reading or music.
- Use this valuable time to reconnect with God in prayer—pray for your family, pray for the reparation of sins, pray for the conversion of a loved one, for our leaders, for world peace.
- Pray for the grace to acknowledge your shortcomings, and for the will to overcome them.

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