

How to Go to Confession

- Examine your conscience prior to entering the confessional.
- *“Bless me Father, for I have sinned, my last confession was...”*
- *“These are my sins...”* (indicate kind and number).
- *“...For these and all my sins, I beg pardon from God and absolution from you, Father.”*
- The priest assigns your penance.
- Make your Act of Contrition so that the priest can hear you.
- Receive Absolution from the priest.
- Leave the confessional and do your penance.
- Give thanks to God for His mercy!
- Be renewed and strengthened by grace to live your life in virtue.

Act of Contrition

O MY GOD, I AM HEARTILY SORRY FOR HAVING OFFENDED YOU, AND I DETEST ALL MY SINS, BECAUSE I FEAR YOUR JUST PUNISHMENTS, BUT MOST OF ALL BECAUSE I HAVE OFFENDED YOU, MY GOD, WHO ARE ALL GOOD AND DESERVING OF ALL MY LOVE. I FIRMLY RESOLVE, WITH THE HELP OF YOUR GRACE, TO SIN NO MORE AND TO AVOID THE NEAR OCCASION OF SIN. AMEN. ✠

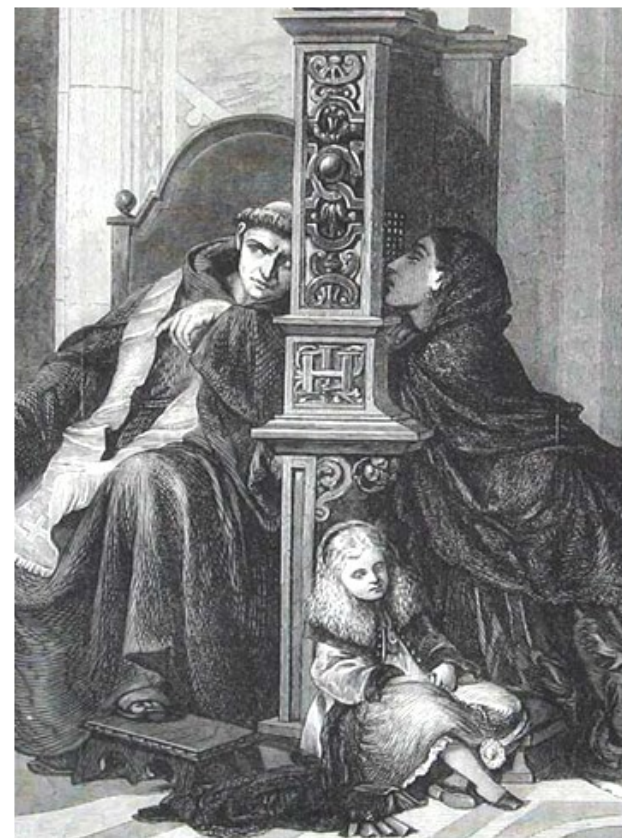
Como ir a Confesarse

- Haga un examen de conciencia antes de entrar al confesionario.
- *“Bendíceme Padre, porque he pecado, mi última confesión fue...”*
- *“Estos son mis pecados...”* (indique el tipo de pecado).
- *“...Por estos y todos mis pecados le pido perdón a Dios y pido su absolución Padre.”*
- El sacerdote le asignará su penitencia.
- Haga su Acto de Contrición para que el sacerdote lo escuche.
- Reciba la Absolución del sacerdote.
- Deje el confesionario y haga su penitencia.
- De gracias a Dios por su misericordia!
- Encuéntrese renovado y fortalecido por la gracia de vivir con virtudes.

Acto de Contrición

JESÚS, MI SEÑOR Y SALVADOR, YO ME ARREPIENTO DE TODAS LAS FALTAS QUE HE COMETIDO HASTA HOY, Y ME PESA DE TODO CORAZÓN, PORQUE ELLAS ME HICIERON OFENDER A UN DIOS TAN BUENO. ME PROPONGO FIRMEMENTE NO VOLVER A HACERLO Y CONFÍO EN QUE, POR TU INFINITO AMOR, PERDONES TODAS MIS FALTAS Y NUNCA ME ABANDONES. AMÉN. ✠

OUR LADY OF THE MOUNTAINS A GUIDE FOR GOING TO CONFESSION



“Confession heals, confession justifies, confession grants pardon of sin.”

Saint Isidore of Seville

THIS IS ONE OF THE GREAT SACRAMENTS OF THE CHURCH.
DON'T MISS THIS OPPORTUNITY FOR HEALING, GRACE, AND GROWTH.

Biblical Reflections on Confession

Our Lord gave the apostles and their successors (bishops and priests) the authority to forgive sins in His name. As you reflect before confession, we invite you to search the scriptures and see for yourself how our Savior gave this ancient authority to the Catholic Church.

- **John 20:21-23** *Christ breathes upon the apostles and sends them forth to forgive sins.*
- **Matthew 9:6-8 and Luke 5:24** *In the Gospels, Christ forgave sins as a man, and He gives authority to forgive sins to men.*
- **Matthew 18:18** *The apostles are given authority to bind and loose.*
- **II Corinthians 5:18** *The ministry of reconciliation is given to the ambassadors of the Church.*
- **James 5:15-16** *The priest forgives sins in the sacrament of the sick at life's end.*
- **II Timothy 2:5** *The Lord chose to use priests to carry out His work of forgiveness.*
- **Leviticus 5:4-6 and Leviticus 19:21-22** *Even in the Old Testament, God used priests as instruments of His forgiveness.*

The Ten Commandments

1. I am the Lord your God...have no other god before me.
2. Take not my Name in vain.
3. Remember my Holy Days.
4. Honor your parents.
5. Do not kill.
6. Live chastely.
7. Do not steal.
8. Bear no false witness.
9. Covet not your neighbor's spouse.
10. Covet not your neighbor's goods.

The Seven Penitential Psalms

1. **Psalm 32** *Happy are those whose sins are forgiven.*
2. **Psalm 51** *Create for me a clean heart.*
3. **Psalm 102** *Hear my cry...my days are passing.*
4. **Psalm 6** *Do not reprove me...every night I cry.*
5. **Psalm 130** *Out of the depths I cry to You.*
6. **Psalm 38** *Enemies attack...I am about to fail.*
7. **Psalm 143:1-11** *Like a desert land, I thirst for You.*

Los Diez Mandamientos

1. Amarás a Dios por sobre todas las cosas.
2. No tomarás el nombre de Dios en vano.
3. Santificarás las fiestas.
4. Honrarás a tu padre y a tu madre.
5. No matarás.
6. No cometerás actos impuros.
7. No robarás.
8. No levantarás falso testimonio.
9. No codiciarás la mujer de tu prójimo.
10. No codiciarás los bienes ajenos.

Los Siete Salmos Penitenciales

1. **Salmo 32** *Felices aquellos cuyos pecados son perdonados.*
 2. **Salmo 51** *Ten compasión de mi.*
 3. **Salmo 102** *Escucha Señor mi oración.*
 4. **Salmo 6** *No me reprendas Señor en tu ira.*
 5. **Salmo 130** *A ti Señor elevo mi clamor desde las profundidades.*
 6. **Salmo 38** *No me reprendas Señor en tu enojo.*
 7. **Salmo 143:1-11** *Como una tierra de desierto, tengo sed de ti.*
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