

HOW DO WE PREPARE FOR CONFESSION?

1. PRAY

Ask God to help you to know your sins and to repent of them.

2. EXAMINE YOUR SELF

Be honest. Don't minimize mistakes or boost your sins.

3. RECALL YOUR SINS

And promise God that you will never commit those sins again. Try to avoid the people or places that make you sin.

4. CONFESSING YOUR SINS TO THE PRIEST

Prepare yourself to confess your sins to the priest. Don't hide anything. God sees what is in your heart. Don't be shy. Even though you have sinned, God still loves you as His child. He wants to forgive your sins so that you can love Him back.

GUIDELINES TO CONFESSION

(According to "The Ten Commandments")

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

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

Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the Lord's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (The Ascension of the Lord, The Assumption of the Blessed Virgin Mary, All Saints, Christmas)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Christ's Two Commandments

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ gives us Two Commandments: "He said to him, 'You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments'" (Mt 22:37-40).

Not sure what love is? St. Paul describes it for us in his Letter to the Corinthians. Is this how you love God and others? "Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails" (1 Cor 13:4-8).

MAKING THE CONFESSION

1. Kneel in front of the priest while making the sign of the cross. Say: **“Bless me father, for I have sinned. My last confession was (mentioned how long) ago and these are my sins.”**

2. **Then mention all the sins** you have committed. Tell him about the bad habits and mistakes you have made. If possible, tell him the reason for your sins, whether you are guilty of the mistake or malice. God knows all our sins and when we say we are sorry for our sins, we will experience His love and mercy and forgiveness for our sins.

3. After you have confessed your sins, say: **“For these and all the sins that I can’t remember, and all the sins of my past life (you can specify one or another), I ask pardon of God and penance and absolution of you, Father.”**

4. The priest will then give you some words of advice and a penance, which is a prayer or act to be done to express your sorrow and as a token of your repentance. He will then ask you to say the **Act of Contrition** which you will say right away. **After receiving the absolution**, the priest will say: “Go in peace.” Answer with **“Thank you Father. God bless you”** and leave the confession room prayerfully.

5. **Carry out the penance / prayer** that the priest has given you.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee and I detest all my sins because I dread the loss of heaven and the pains of hell but most of all because they offend Thee, my God, who art so good and deserving of all my love. I firmly resolve, with the help of thy grace, to confess my sins, to do penance and to amend my life. Amen.

DOA TOBAT

Tuhan yang mahabaik, saya menyesal kerana saya berdosa terhadap Engkau dan sesama manusia. Engkau sangat baik tetapi dosa-dosaku telah menyakiti dan merisaukan hatiMu. Dengan pertolongan rahmatMu, saya sungguh-sungguh mahi memperbaiki hidupku dan tidak mahu berdosa lagi. Ya Tuhan, kasihanilah aku, orang yang berdosa ini. Amin.

SEMBIANG NGESAL ATI

O Allah Taala, kami rindu ka nuan enggau pengabis ati kami sereta ari atas semua utai. Kami ngesal amat ati ketegal udah ngaga penyalah ngelaban nuan. Asoh kami anang agi ngaga penyalah ngelaban nuan. Asoh ati kami rindu ka nuan enda nemu leju sereta asoh kami gaga ngereja semua utai nitih peneka nuan ti amat Kudus. Amin.

PRIEST PRAYER OF ABSOLUTION

God, the Father of mercies, through the Death and Resurrection of his Son has reconciled the world to himself and poured out the Holy Spirit for the forgiveness of sins; through the ministry of the Church may God grant you pardon and peace.

**AND I ABSOLVE YOU FROM YOUR SINS,
IN THE NAME OF THE FATHER, AND OF
THE SON, + AND OF THE HOLY SPIRIT.**

R. Amen.

Prayer after Confession

Heavenly Father, thank you for the special grace you have given me in this sacrament of confession, which is a source of strength and power to resist temptation and the desire to please You and to do Your holy will.

Dear Virgin Mary, pray for me to always be faithful to your Son Jesus Christ. Lead me, guide me and protect me always from evil and help me to become your beloved child, just like Jesus himself. Amen.