

Going to Confession

HOW TO MAKE A GOOD CONFESSION

By
Rev. Lawrence G. Lovasik, S.V.D.
Divine Word Missionary



NIHIL OBSTAT; Daniel V. Flynn, J.C.D., *Censor Librorum*

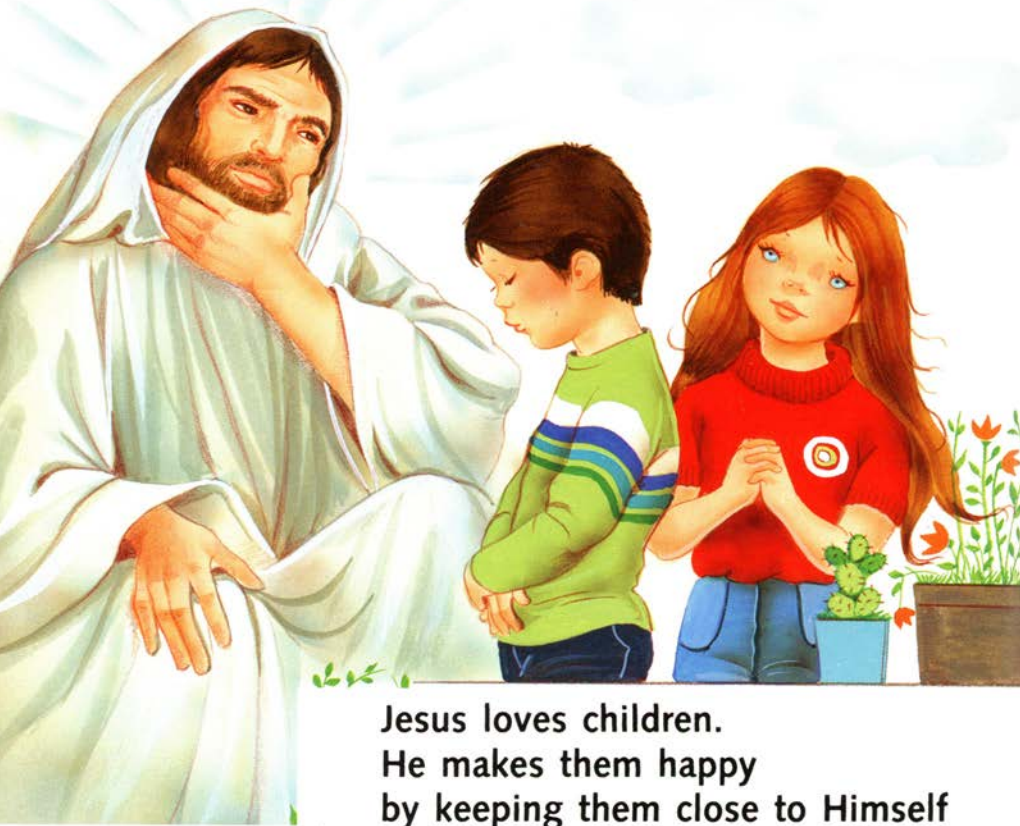
IMPRIMATUR: Joseph T. O'Keefe, *Vicar General, Archdiocese of New York*

© 1986 by *Catholic Book Publishing Corp., N.J.* - Printed in China

ISBN 978-0-89942-392-0 CPSIA May 2018 10 9 8 7 6 5 4 L/P

THE SACRAMENT OF PENANCE

IN the Sacrament of Penance
Jesus comes to forgive your sins
and brings peace with God
and with the Church,
which is hurt by your sins.



Jesus loves children.
He makes them happy
by keeping them close to Himself
through the Sacrament of Penance.

Questions You Ask Yourself

About God

THE TEN COMMANDMENTS

GOD SPEAKS:

1. "I, the Lord, am your God, you shall not have other gods besides Me."



- Did I miss saying my morning or night prayers?
- Did I miss saying a prayer during other times of the day?

You honor and worship God by being faithful in saying your daily prayers.

3. DESIRE NOT TO SIN AGAIN

An Act of Contrition

MY God,
I am sorry for my sins
with all my heart.

In choosing to do wrong
and failing to do good,
I have sinned against You
whom I should love above all things.

I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me
to sin.

Our Savior Jesus Christ
suffered and died for us.
In His name, my God, have mercy.
Amen.



Through frequent confession Jesus gives you His own peace and joy.