

• Making a Good Confession

We should...

1. examine our consciences regularly and thoroughly;
2. wait our turn in line patiently;
3. come at the time confessions are scheduled, not a few minutes before they are to end;
4. speak distinctly but never so loudly that we might be overheard;
5. state our sins clearly and briefly without rambling;
6. confess all mortal sins in number and kind;
7. listen carefully to the advice the priest gives;
8. confess our own sins and not someone else's;
9. carefully listen to and remember the penance and be sure to understand it;
10. use a regular formula for confession so that it is familiar and comfortable;
11. never be afraid to say something "embarrassing"... just say it;
12. never worry that the priest thinks we are jerks.... he is usually impressed by our courage;
13. never fear that the priest will not keep our confession secret... he is bound by the Seal;
14. never confess "tendencies" or "struggles"... just sins;
15. never leave the confessional before the priest has finished giving absolution;
16. memorize an Act of Contrition;
17. answer the priest's questions briefly if he asks for a clarification;
18. ask questions if we can't understand what he means when he tells us something;
19. keep in mind that sometimes priests can have bad days just like we do;
20. remember that priests must go to confession too ... they know what we are going through.