

HELPS IN USING THE SACRAMENT OF PENANCE

Elements of Making a Sincere Confession

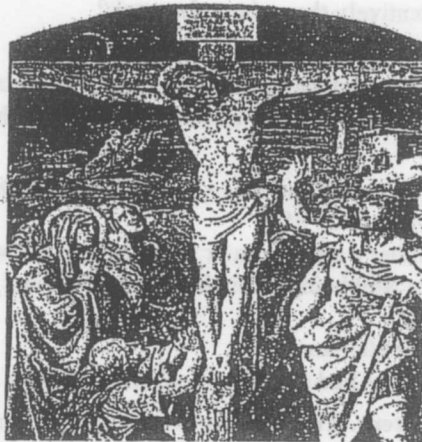
1. A thorough examination of conscience since your last confession is necessary (an example is given on the reverse side of this sheet).
2. Inform the priest of the approximate length of time since your last confession and your basic vocation in life (i.e. single, married, widowed, etc.), as this helps him place your confessional information in some context.
3. More serious, or mortal sins, are, as best as possible, to be named specifically and with some indication of their frequency. Less serious, or venial sins, ideally are mentioned specifically too, but may be mentioned more generally for the sake of brevity.
4. In order to receive the effects of absolution from sin, there needs to be a sincere desire to reject the sinful behaviors confessed and a willingness to respond to God's grace by attempting to avoid all future sin and occasions of sin.

Come to me, all you who are weary and find life burdensome, and I will refresh you.

Matthew 11:28

While the prodigal son was still a long way off, his father caught sight of him and was deeply moved. He ran out to meet him, threw his arms around his neck, and kissed him.

Luke 15:20



A man owns a hundred sheep and one of them wanders away; will he not leave the ninety-nine out on the hills and go in search of the stray?

Matthew 18:12

God did not send the Son into the world to condemn the world, but that the world might be saved through him.

John 3:17

HOURS OF CONFESSION

**Basilica of the National Shrine
of the Immaculate Conception**

Monday through Saturday

7:45 AM – 8:15 AM

10:00 AM – 12:00 PM

3:30 PM – 6:00 PM

Sunday

10:00 AM – 12:00 PM

12:30 PM – 1:30 PM (Spanish)

2:00 PM – 4:00 PM

ACT OF CONTRITION

Oh my God, I am heartily sorry for having offended you. I detest all of my sins because of your just punishments, but most of all because they offend you, my God, who are 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 occasions of sin. Amen.
