

# Need Help Making a Good Confession?

Young Adults

Confession is not difficult, but does require preparation.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more.

Then we review our lives since our last confession, searching our thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

## FAMILY

- Do I try to communicate with my parents and understand their point of view?
- Do I thank them for what they do for me?
- Do I apologize and forgive quickly?
- Am I unselfish with other family members?
- Do I have any predominant fault that disrupts the family (e.g. jealousy, envy, etc.)?

## FRIENDS

- Am I selfish to my friends?
- Do I help others in need?
- Am I preoccupied with myself?
- Do I disrespect friends or myself through the use of alcohol or drugs?
- Do I respect the sacredness of myself and my friends, especially in sexual actions?
- Am I open to responsibility at school, at work, and in the groups to which I belong?

## FAITH

- Do I ask God for more faith, hope, and love?
- Do I go to Mass?
- Do I thank God in prayer each day?
- Do I want to deepen my faith or do I ridicule it?



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