



*Pray*

PRAY THAT GOD WILL GIVE YOU  
PEACE AND HELP YOU MAKE A GOOD  
CONFESSION.

REFLECT ON WAYS YOU HAVE  
HARMED YOUR RELATIONSHIP WITH  
GOD, YOURSELF & OTHERS.

*Reflect*



### **A PRAYER BEFORE CONFESSION:**

Dear Jesus, help me to make a good Confession,  
Help me to find out my sins, Help me to be sorry for them,  
Help me to make up my mind not to sin again.  
have mercy on me, O Lord, and forgive me.  
Mary, my mother, pray for me.