



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



Consider using an **EXAMINATION OF CONSCIENCE** to reflect in preparation for your confession.



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.