



OUR LADY OF AFRICA MBUYA PARISH

The Sacrament of Confession: A Guide

What is Confession?

Confession, also known as Reconciliation, is a beautiful opportunity to renounce sins and seek absolution.

The Process of Confession

1. Sign of the Cross: Begin with the Sign of the Cross and a greeting.
2. State your last confession: Share how long it's been since your last confession.
3. Confession: Confess your sins and ask for forgiveness.
4. Forgotten sins: Don't worry if you forget some sins - a sincere confession will still be valid.
5. Penance: Receive penance to atone for your sins.
6. Act of Contrition: Pray an Act of Contrition to express sorrow for your sins.

Types of Sin

1. Original sin: The initial nature of humanity, separated from Christ at birth.
2. Venial sin: Disobeying a moral law, but not grave.
3. Mortal sin: A grave act committed with full knowledge of its immorality.

After Confession

1. Penance: Complete your assigned penance to atone for your sins.
2. Growth and forgiveness: Use penance as an opportunity to grow and forgive others.

Tips for a Meaningful Confession

1. Prepare a list: Organize your thoughts before confession.
2. Go to confession regularly: Strengthen your faith and connection to God.
3. Speak from your heart: Be honest and open with your priest and God.

What to Expect from Confession

- A freeing experience to cleanse the soul, strengthen your will, and bring you closer to God.
- A confidential and safe space to ask for forgiveness.
- A unique experience with a Catholic priest who has been given the power to forgive sins by Christ.

Formal Dialogue between the Priest and Confessor

- Greet your priest and recite "Bless me, Father, for I have sinned" and state the amount of time from your last confession.
- Confess your sins and ask for forgiveness.
- Receive penance and pray an Act of Contrition.

Absolution from Sin

- God will grant absolution if you sincerely confess all your sins, promise to be a better person, and abstain from negative behaviors.

What Happens After Confession?

- Receive penance to atone for your sins and cleanse the soul.
- Perform your penance to show God you are truly sorry for your sins and strive to live a life in His light and free of sin.

How to Get the Most from the Confession Sacrament

- Prepare a list of what you want to speak to your priest about.
- Go to confession regularly to strengthen your faith and connection to God.
- Speak from your heart and be honest with your priest and God.