

FOR PARENTS

Have I neglected to show warmth and affection to my spouse?
Do I nag, or was I insensitive?
Did I allow lust into my marriage or use contraception? Was I sterilized?
Did I seek pregnancy by immoral means?
Was I unfaithful by thoughts, flirtations, or adultery?
Did I harbor resentment toward my spouse or fail to apologize out of pride?
Do I pray for my spouse and children?
Have I neglected to have my children baptized, teach them their prayers, or bring them to Church?
Have I ensured that my child received 1st Communion and Confirmation?
Do I bring my children to Confession, have I been vigilant over what they read or watch?
Have I been too lax or too strict?
Did I needlessly meddle in lives of adult children?



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GOING TO CONFESSION

Enter the confessional and kneel at the screen

YOU SAY: Bless me Father for I have sinned, my last confession was ... ago.
(say about how long)

TELL YOUR SINS: Then say: 'for these and all the sins of my past life I'm very sorry.'

PRIEST: He gives you your Penance.

YOU SAY: The Act of Contrition. (below)

PRIEST: He gives you absolution. (forgiveness)

Act of Contrition

Oh my God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.

St. John Vianney Guide for CONFESSION



'But he said, 'What man of you having a hundred sheep and losing one of them does not leave the ninety-nine and go after that which is lost? And when he has found it, he lays it on his shoulders rejoicing. Even so, there will be joy in heaven over one sinner who repents.' Luke 15:3

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