FORGIVENESS IS WAITING FOR YOU: 8 TIPS FOR AN AWESOME CONFESSION

I talk to so many people that they feel they might not go to Confession because they feel they have no sins to confess. But here’s the thing—God isn’t looking for us to bring our best to Him. He’s looking for us to bring everything we have, including our sins. We all sin, always have, and always will. God is looking for you to commit the sins you’ve committed and commit them to Him. This isn’t about you avoiding God; this is about you seeking God.

1. GET A GOOD EXAMINATION OF CONSCIENCE.
Sometimes I hear that people who don’t want to go to Confession because they feel there’s nothing for them to confess. I encourage you to make a good examination of conscience. I believe that the most important step in going to Confession is to have a good examination of conscience. It’s a simple task, really, but it can be a tough task if you don’t take the time to really think about your sins. The key is to be honest with yourself about what you’ve done and what you’re capable of doing.

2. IT’S OKAY TO BRING A LIST.
Many people think that they don’t need a list of sins to confess. But think about it—how many people you know have a list of their sins? It’s hard to remember everything you’ve done, but it’s even harder to forget. And if you don’t have a list, you might feel like you’re missing something. So, bring a list. It can help you remember your sins, and it can help you organize your thoughts.

3. IT’S OKAY TO INTERRUPT THE PRIEST.
If you have a lot of sins you want to confess, don’t be afraid to interrupt the priest. He’s there to help you, and he knows that you’re human. If you need to interrupt the priest, just say something like, “Father, I’m sorry, but I forgot to mention…” Boom. Simple. And it’s done.

4. YOU DON’T HAVE TO TELL THE “STORY OF THE SIN.”
It’s not necessary to tell the story of your sin. Just say, “I’ve been lying to my wife for the past six months.” There are things that affect your conscience, like being married or having a child. In those cases, you can tell the priest about your marriage or your child, and he can walk you through the examination of conscience.

5. YOU DON’T HAVE TO CONFESS ANYONE ELSE’S SINS.
While some people want to confess the sins of others, this is not necessary. The priest is there to help you, and he knows that you’re human. If you need to confess the sins of others, don’t be afraid to do so. Just say, “I’m confessing the sins of others.”

6. IF A PRIEST TELLS YOU THAT SOMETHING ISN’T A SIN (THAT YOU KNOW IS A SIN), CONFESS IT ANYWAY.
If a priest tells you that something isn’t a sin, but you know it is, then you should confess it. The priest is not the one who determines what is a sin. The priest is there to help you, and he knows that you’re human. If you know it’s a sin, then you should confess it. The priest is not the one who determines what is a sin. The priest is there to help you, and he knows that you’re human. If you know it’s a sin, then you should confess it.

7. DON’T WORRY IF YOU “FORGET YOUR LINES.”
If you forget your lines, just say, “Father, I’m sorry, but I forgot my lines.” Or, if you’re feeling nervous, just say, “Father, I’m sorry, but I’m nervous.” The priest is there to help you, and he knows that you’re human. If you forget your lines, just say, “Father, I’m sorry, but I forgot my lines.” Or, if you’re feeling nervous, just say, “Father, I’m sorry, but I’m nervous.”

8. YOU CAN TELL THE PRIEST HOW MANY PEOPLE ARE BEHIND YOU IN LINE.
If you’re in line for Confession, just tell the priest how many people are behind you. This can help the priest know how much time he has left to hear your sins. If there are more people in line, just tell the priest, and he’ll do his best to hear from everyone in a timely manner.