

How to Go To Confession

When you enter the Confessional, remember that you are in the presence of Christ in the person of the priest. He is there to heal you and help you! Feel free to ask him to guide you in receiving the sacrament.

If you prefer, you can follow these steps:

1. Make the Sign of the Cross; and say: "Bless me, Father, for I have sinned. It has been ____ (weeks/months/years) since my last confession."
2. State your sins honestly and freely.
3. End the confession with a statement of sorrow, for example, "For these and all of my sins, I am sincerely sorry."
4. The priest will offer you words of counsel; listen with an open mind and heart. Then he will assign you a penance (a prayer or an act to make reparation for your sins).
5. The priest will then ask you to make an act of contrition, which is a prayer of sorrow for your sin. A common Act of Contrition is printed below.
6. Listen attentively as the priest prays the prayer of absolution and close with the Sign of the Cross.
7. Leave and do your penance. It is good to thank the Lord for his mercy before leaving the church.

Act of Contrition

Oh my God, I am sorry for my sins. In choosing to sin and failing to do good, I have sinned against You and Your church. I firmly intend, with the help of your Son, to make up for my sins and to love as I should. Amen.



Co-Cathedral of
St. John the Evangelist

Sacrament of Reconciliation

Welcome to the Co-Cathedral of
St. John the Evangelist!

If you are a guest and are here for the first time, we want you to feel comfortable. We offer a few points of information regarding Reconciliation.

Reconciliation Schedule

Thursday 11:30am-Noon

Saturday 3:30-4:00pm

Please consider joining us for Mass:

Saturday 4:30pm

Sunday 9:30am, 11:15am, 5:00pm

Monday-Thursday 12:10pm

Friday (Word Communion Service): 12:10pm

We are glad you are here!

The **Confessional/Reconciliation Room** is located at the front of the church, to the left of the ambo.

The space offers the opportunity to remain anonymous or to be face-to-face with the priest.

There may be a line for confession. When the person ahead of you confessing leaves the confessional, you can walk in. If there is no line, a green light indicates that a priest is waiting to hear confessions.

You may desire to reflect on the contents of this pamphlet as a way to prepare for the Sacrament of Reconciliation. Consider the following prayer:

May the Holy Spirit enlighten my mind and soften my heart so that I can know my sins and be truly sorry for them. Amen.

Remember that it is a Sacrament of *healing*, not guilt or condemnation.

In the confessional, Christ “is the physician tending each one of the sick who need him to cure them.” (CCC 1484).

“We come to confession to be healed; we come to be educated – like a small child, our soul has constant need of education.” --St. Faustina

7-Step Examen

from *7 Secrets of Confession* by Vinny Flynn

1. What things keep showing up on my “list” in the confessional?
2. What are the root problems that are making it hard for me to make progress in these areas?
3. What areas of my life have I not yet submitted to the Lordship of Christ? Where am I not at peace?
4. What wounds do I have that need healing? Where am I hurting?
5. What person, situation, or event am I still resentful, bitter, or angry about? Who do I need to forgive?
6. Confession calls for a radical reorientation of my entire life. In what ways am I most unlike Jesus? What do I need to change?
7. What one thing can I resolve to change right now, trusting in God’s grace?

Additional Resources

Video: 7 Secrets of Confession

Learn to look forward to Confession in the same way you look forward to Communion.

<https://watch.formed.org/7-secrets-of-confession-by-vinny-flynn>



The Light is On: Southern MN

This website includes examinations of conscience, how-to instructions, and personal testimonies from people in our diocese.

<https://www.thelightisonsouthernmn.org/>