

CONFESSION

a Sacrament
of healing

Confession is an act of honesty and courage—
an act of entrusting ourselves, beyond sin, to
the mercy of a loving and forgiving God.

—Saint John Paul II

3 Qualities of a Good Confession

(according to Saint Faustina)

TRANSPARENCY • HUMILITY • OBEDIENCE

5 Steps to a Good Confession

- ① Examination of Conscience
- ② Be sorry for your sins
- ③ Resolve to do better
- ④ Confess your sins
- ⑤ Do your penance

Scripture:
John 20:21-23

Catechism of the Catholic Church
1422 - 1484

Monthly Challenge

- learn about Saint John Nepomucene
- add a time of personal reflection and an Act of Contrition to your prayer routine
- go to Confession