

CONFESSION

A Guidebook for the Sacrament of Confession & Repentance



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ESSENTIAL STEPS

“Be reverent and rid yourself of the world for a moment”

Father Antony Paul in *Confession & Guidance An Approach*

1. Pray! Confession is a time for turning yourself back to God, so bring Him into every part of it.
2. Schedule a confession appointment with a priest. Don't let fear hold you back, repentance is at hand. (A link can also be found on the last page)
3. Examine yourself. Prompting questions can be found on page 9 & 10.
4. Confess and Repent. Be completely and totally given over to God in your confession.

"The steadfast love of the
Lord never ceases. His
mercies never come to an
end; they are new every
morning; great is your
faithfulness."

Lamentations 3:22-23

REPENTANCE

Repentance is an essential part of the Sacrament of Confession. We are to recognize our sin and seek repentance continuously. Remember, it is life long, not a moment.

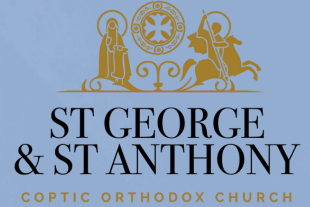
What is repentance?

It is “to bend myself to be realigned toward the ruler of objective right identity.” I am made in the image and likeness of God; I am a child of the One, True Father. Ask yourself “Is what I’m doing in line with my identity?”. When you confess, you are calling your sin as it is, living in truth and reality.

Addressing the areas needed so as to live in greater accord with your identity.



THE PRACTICAL



As we are all sinners, confession can be little intimidating. Please know that Christ's love and mercy is greater than the accumulation of our sins.

Prior to confession you are going to want to prepare. This is a time you can take to recollect your thoughts and actions from the last time you went to confession.

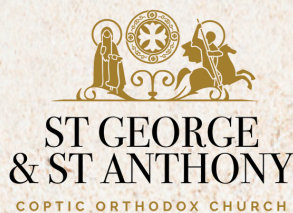
What happens during confession:

Once your confession starts it will begin with a prayer by the priest. You can then plainly confess your sins, and also, if you would like, you can talk about your spiritual canon. When you are confessing your sins know that you are confessing to Christ through His presence in the priest. Finally, the priest may give you some form of spiritual advice and end with the Prayer of Absolution. This prayer is a concluding prayer in where Christ cleanses you of all sins and you are forgiven. Forgiveness is grace.

Go and repent, dear child.

*Whatever you bind on earth will be bound in heaven
and whatever you loose on earth will be loosed in
heaven.*

Matthew 18:18



*For you are a
compassionate and
merciful God; you are
patient; your mercy is
great and true.*

*If we have sinned
against You, either by
word or by deeds,
pardon and forgive us,
as the Good one and
Lover of Mankind.*

THE PRAYER OF ABSOLUTION

THE PASSIONS

Consider the following passions and in what way you are struggling with them.

- pride/vainglory
- sadness
- fear
- anger
- despondency/acedia
- love of money/greed
- lust
- gluttony

→ EXAMINATION

Here are some questions to ask yourself to help examine your conscience. Some questions may be of more benefit than others.

Have I been living according to my identity as a son/daughter of God?

Have I been faithful to my spiritual canon? Why/why not?

In what ways am I failing to live in the Image and Likeness of God?



Think of your daily habits and routine.

On what basis have I been living and making decisions lately? (love, fear, ego, secret ambition, covetousness)

What are the underlying motivations for my actions, thoughts and behaviors?

What occupies my thoughts and motivates my feelings? -- Should I be thinking about these things and to the frequency I do?

"If we confess our sins, He who is faithful and just will forgive us our sins and cleanse us from all unrighteousness."

1 John 1:9

"No one who
conceals
transgressions will
prosper; but one
who confesses and
forsakes them will
obtain mercy."

Proverbs 28:13



What are situations in which I
have found myself angry, upset, or
agitated?

How do I spend the majority of
my time?

How are my relationships with
others: family, friends, coworkers,
children or spouse?

Are there people with whom I am
not at peace with, internally or
externally? Why?

Am I increasing in vice in any
way? What area(s) and why?

For a more in depth examination,
you can see this [link!](#)

These questions and quotes on page 5
are taken from
Fr. Antony Paul in *Confession &
Guidance An Approach*

CONTACT US



To schedule a confession appointment with one of the priests go to this [link](#)!



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