

## Celebrating the Sacrament (Meeting with the Priest)

### Informal Option:

Meet with the priest and simply talk.

Explain to the priest that you are not that familiar with the formal structure of confession, or that it has been sometime since your last confession, or that you have never gone to confession.

Discuss the areas of your life that have fallen short of responding to God's love. Express your sorrow for these shortcomings and make a commitment to change your heart and your behavior.

Ask for the priest to pray for you and to forgive you in the name of God and the Church.

### Formal Option:

Priest: In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Penitent: Bless me, Father, for I have sinned. It has been (how long?) since my last confession and these are my sins: (Now state/discuss your sins.)

Priest: (Gives you a penance, which may be some prayers to say or some action to make)

Penitent: (Pray the Act of Contrition)

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly plan, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen

Priest: (Gives you absolution)



# the EXAMEN

The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1** **Ask God for light.**  
*I want to look at my day with God's eyes, not merely my own.*
- 2** **Give thanks.**  
*The day I have just lived is a gift from God. Be grateful for it.*
- 3** **Review the day.**  
*I carefully look back on the day just completed, being guided by the Holy Spirit.*
- 4** **Face your shortcomings.**  
*I face up to what is wrong—in my life and in me.*
- 5** **Look toward the day to come.**  
*I ask where I need God in the day to come.*