

Fr. Z's (Fr. John Zuhlsdorf)
20 Tips For Making A Good Confession

- 1) ...examine our consciences regularly and thoroughly;
- 2) ...wait our turn in line patiently;
- 3) ...come at the time confessions are scheduled, not a few minutes before they are to end;
- 4) ...speak distinctly but never so loudly that we might be overheard;
- 5) ...state our sins clearly and briefly without rambling;
- 6) ...confess *all* mortal sins *in number and kind*;
- 7) ...listen carefully to the advice the priest gives;
- 8) ...confess our own sins and *not someone else's*;
- 9) ...carefully listen to and *remember the penance* and be sure to understand it;
- 10) ...use a regular formula for confession so that it is familiar and comfortable;
- 11) ...never be afraid to say something “embarrassing”... *just say it*;
- 12) ...never worry that the priest thinks we are jerks... he is usually impressed by our courage;
- 13) ...never fear that the priest will not keep our confession secret... he is bound by the Seal;
- 14) ...never confess “tendencies” or “struggles”... *just sins*;
- 15) ...never leave the confessional before the priest has finished giving absolution;
- 16) ...*memorize* an Act of Contrition;
- 17) ...answer the priest's questions *briefly* if he asks for a clarification;
- 18) ...ask questions if we can't understand what he means when he tells us something;
- 19) ...keep in mind that sometimes priests can have bad days just like we do;
- 20) ...remember that priests must go to confession too ... they know what we are going through.