
Five Steps to a Good Confession

The sacrament that restores *Sanctifying Grace* into our souls has three different names:

- ▶ *Reconciliation*
- ▶ *Confession*
- ▶ *Penance*



What happens to your soul after you make a good confession?

1. Your sins will be forgiven.
2. You will receive Sanctifying Grace Into your soul.
3. You will receive the strength to be a good Christian.

Perfect Contrition!!

We go to confession, as well as say the *Act of Contrition* prayer, to let God know we are sorry for our sins not only because we don't want to go to Hell, but more than that, because we love Him.

©2012 Thatresourcesite.com

The sacrament that restores Sanctifying Grace into our souls has three different names:

- ▶ Reconciliation
- ▶ Confession
- ▶ Penance

What happens to your soul after you make a good confession?

1. Your sins will be forgiven. 2. You will receive Sanctifying Grace Into your soul. 3. You will receive the strength to be a good Christian.

Perfect Contrition!!

We go to confession, as well as say the Act of Contrition prayer, to let God know we are sorry for our sins not only because we don't want to go to Hell, but more than that, because we love Him.

Five Steps to a Good Confession

Accept and Do Your Penance. 4th

Confess Your Sins.

Have a Purpose of Amendment.

(Decide not to sin again.) 2nd

Be Truly Sorry for Your Sins.

Examine Your Conscience/Know Your Sins.

©2012 Thatresourcesite.com