

Q. What is the best method to prepare for a good Confession?

A. First, earnestly to beg of God the grace to make a good confession.—Secondly, to examine ourselves carefully in the commandments of God and of his church; on the seven deadly sins, and particularly on our strongest passions and the duties of our state of life, that we may know in what and how often we have sinned in thought, word, deed, or omission.—Thirdly, to make acts of faith, hope, and charity.—And fourthly, to excite ourselves to a sincere contrition for our sins.

Q. What is contrition?

A. Contrition is a heart-felt sorrow for past sin, and a hatred of it, with a firm purpose of sinning no more.

Q. How may we excite ourselves to contrition?

A. By begging it of God in fervent prayer; then by thinking of the torments of the damned in hell, of the happiness of the Saints in heaven, of the judgment which will be passed on us after death; and above all by considering the patience, sufferings, and mercy of our Saviour, who laid down his life for us, and to whom by sinning we have been faithless and ungrateful.

Q. Which is the best motive to excite contrition?

A. To be sorry for our sins, because they are offensive to God, who is infinitely good and perfect in himself, and *who is our reward exceeding great.* Gen. xv. 1.

Q. What must we do at confession?

A. We must beg the priest's blessing; say the Confiteor, accuse ourselves of our sins, listen attentively to his instructions, and renew our sorrow when he gives absolution.