

XIII.

105. *What do you do when you want to receive the Sacrament of Penance?*

When I want to receive the Sacrament of Penance, I do five things: 1st. I examine my conscience; 2nd. I excite myself to contrition and firm purpose; 3rd. I confess my sins to the Priest; 4th. I receive absolution; 5th. I perform the Penance of Satisfaction imposed by the Priest.

106. *What do you do when you want to examine your conscience?*

When I want to examine my conscience I repair to the Church, where I kneel down, and after making the Sign of the Cross, I pray to God to enlighten my soul that I may know my sins.

107. *How do you examine your conscience?*

To examine my conscience, I first repass in my mind all the places where I have been since my last Confession; then I examine myself on the Ten Commandments of God, the Precepts of the Church, the Seven Capital Sins, and the duties of my state; last of all I find out how many times I committed each of my sins.

108. *After you have examined your conscience, what do you do?*

After I have examined my conscience, I excite myself to a lively contrition of my sins, and to a firm purpose to sin no more.

109. *What do you do to excite yourself to a lively contrition, and to a firm purpose?*

To excite myself to a lively contrition of my sins, and to a firm purpose to sin no more: 1st. I pray God to grant me the grace of contrition and firm purpose; 2nd. I consider heaven, which I have lost by my sins; 3rd. I consider hell, which I have deserved; 4th. I consider the goodness of God, whom I have offended; 5th. I consider the sufferings of Jesus Christ, and His death upon the Cross, caused by my sins, then I say the act of contrition, and I recite the Confiteor.

110. *How do you confess your sins to the Priest?*

I kneel down by the side of the Priest, and after making the Sign of the Cross, I say: "Bless me, Father, for I have sinned. I confess to almighty God and to you Father." Then I tell the Priest how long it is since my last confession, whether or not I received absolution and performed my penance, then I confess my sins.

111. *After confessing all your sins, what do you say?*

After confessing all my sins, I say: "For these and all the other sins I do not remember, and all the sins of my past life, I am heartily sorry, and humbly ask pardon of God, and of you Father, penance and absolution."

112. *What do you do when the Priest speaks to you in confession?*

I answer simply and clearly all his questions; I listen in silence, with great attention and respect to his advice and directions; I see what penance he imposes upon me, and whether or not he gives me absolution.

113. *What do you do when the Priest gives you absolution?*

When the Priest gives me absolution I bow down my head, I recite the act of contrition, and make the Sign of the Cross.

114. *What do you do when the Priest tells you "Go in peace and pray for me?"*

I go and kneel down at some distance, where I return thanks to God; I renew my resolution to resist the temptations and avoid all occasions of sin; I remember what advice the Priest gave me, and how I am to conform myself to it; I ask God to help me with His grace; then I make the penance the Priest imposed upon me; I then leave the Church, and keep myself for some time yet in recollection.

115. *What is the absolution which the Priest gives at confession?*

Through the power which he received from Christ, the Priest gives me absolution, by which my sins are forgiven, my soul is healed, and the grace of God is conferred upon me.

116. *Does the Priest always give absolution?*

The Priest cannot always give absolution; only to those whom he sees well disposed does he give absolution; but to those whom he does not consider well disposed he cannot give absolution; he dismisses them with his blessing.

117. *What do you do when the Priest does not give you absolution?*

When the Priest does not give me absolution, I excite myself to a greater sorrow for my sins, and I follow the advice the Priest gives me, that I may soon enter into the true dispositions required to receive absolution.

118. *Is it a great sin to conceal a mortal sin in confession?*

Yes, it is a great sin to conceal a mortal sin in confession: the confes-