

**Spirit**  **Christ**  
CATHOLIC COMMUNITY



March 5, 2026



# Announcements

- 1) First Scrutiny This Weekend
- 2) Pay Attention to Upcoming Dates
- 3) Candidate Mass Divine Mercy Sunday  
11:00am not 4:30 April 12th

Elisha Dominic Colwell

02/05/2026



# Confession Recap



Giuseppe  
Molteni's "La  
Confessione  
1838



# How Do We “Do” Confession?

1. Examination of Conscience
2. Reception of the Penitent
3. Sign of the Cross
4. Asking of Blessing
5. Confessing of Sins
6. Pastoral Guidance
7. Granting of Penance
8. Prayer of the Penitent
9. Absolution
10. Penance



Confession' by Wlastimil Hofman, 1906,



# Examination of Conscience

1. Invite the Holy Spirit into your reflection.
2. Walk through your history of sins, guided by various mediations. 10 Commandments, Roles and Responsibilities, Pursuit of Virtue
3. Open your heart humbly to accept your failures knowing God will forgive you.
4. Not a shame activity

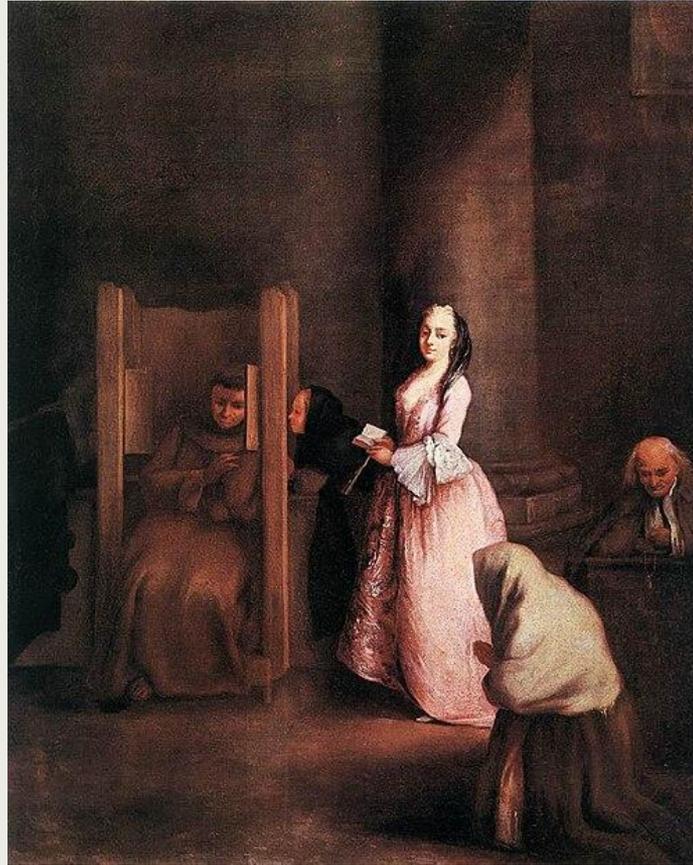


Vlastimil Hoffman  
Confession, 1924



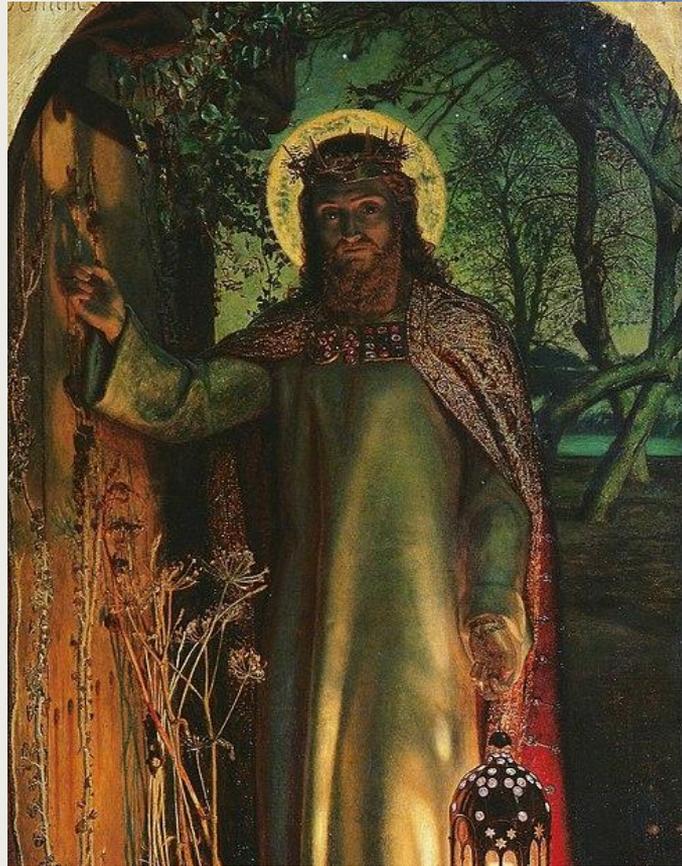
# Reception of Penitent

1. Greet the priest
2. Priest will greet you
3. Non Judgemental
4. "In Persona Christi"



# Sign of the Cross and Asking of Blessing

1. Invite the Trinity into the space
2. “Bless me father for I have sinned. It has been “x” since my last confession.” or “Bless me father, for I have sinned. This is my first confession.”



The Light of the World by William Holman Hunt



# Confessing of Sins

1. Humble
2. Sincere
3. Complete



Carved Confessional by  
Andrea Fantoni



# Pastoral Guidance and Granting of Penance

1. Assist in avoiding sins in the future
2. Might encourage action to rebuild a damaged bridge
3. Penance given is relevant and appropriate to the sins
4. Penance is rooted in spiritual good



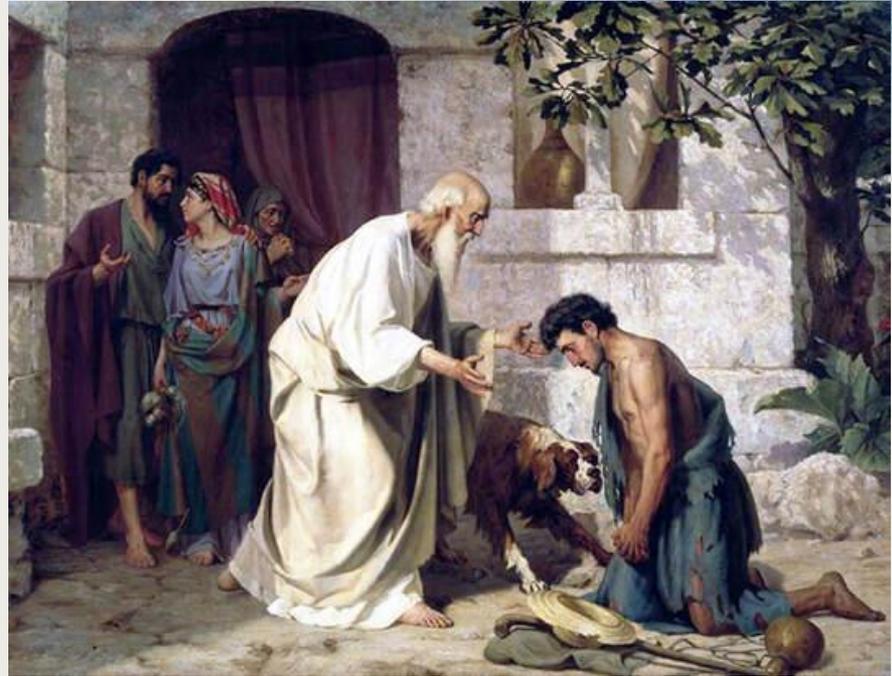
Interior Scene by Roehn





# Contrition

Oh my God, I am heartily sorry for having offended You, and I detest all my sins because of your just punishment, but most of all because they offend you my God who is all good and deserving of all my love. I firmly resolve with the help of your grace to sin no more and to avoid the near occasion of sin. Amen.



# Absolution

“God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. The penitent answers: Amen.”



Absolution Under Fire,  
Paul Henry Wood



# Penance

1. Do as soon as possible
2. Consider your penance in future temptations



La Penitente by Pietro Rotari





# Demonstration

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# Practice

1. Partner up ( priest and penitent)
2. Walk through the steps of confession
3. Switch partners
4. Repeat

# Closing Prayer

