

## How to prepare for a good confession

Confession is not difficult, but it does require preparation.

- ① We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more.
- ② Then we review our lives since our last confession, searching our thoughts, words and actions for that which did not conform to God's command to love him and one another through his laws and the laws of his church. This is called an examination of conscience (see next panel).
- ③ We tell God how truly sorry we are for our sins.
- ④ We make a firm resolution not to sin again.

THE *light* IS ON FOR *you*  
Experience God's mercy

