

The Way
Preparation for Confession
The Ten Commandments

Opening prayer – Gather in the icon corner and Pray the Trisagion Prayers

*“Enter the Church and wash away your sins.
For here there is a hospital and not a court of law.
Do not be ashamed to enter the Church;
be ashamed when you sin, but not when you repent.”*

-St. John Chrysostom

In the film, *Indiana Jones and the Last Crusade*, Indiana Jones finds himself in a cave, trying to pass three obstacles in order to reach the Holy Grail. To pass the first he is told, “Only a penitent man will pass.” As he repeats this phrase to himself, he approaches the place where, only moments before, many had fallen before him. At the last instant, just as blades are falling over his head, he cries out to himself, “a penitent man is *humble* before God!” Indiana drops to his knees and the blades pass harmlessly over his head.

We, too, are called to drop to our knees before God. But this is only the outward sign of repentance. There must also be a *spiritual* dropping to the knees in humility before God. (Department of Outreach & Evangelism- goarch.com)

HELPS FOR CONFESSION

- Think back to your last confession. Did you forget to say something? Did you purposely not say something that you should have?
- PREPARE for confession. If necessary, write on a slip of paper or an index card what you want to say.
- Don't forget that there exist
 - sins of commission: bad things that you should not have done.
 - sins of omission: good things that you should have done but didn't.
- Be specific (i.e., “I told a lie,” “I stole something”). Don't mention other people's names or talk about other people. They have to go to confession for themselves.

Activity

1. Give everyone an index card and envelope.
2. Download and/or print copies of The Ten Commandments of preparation and/or the Beatitudes for preparation
3. Read each commandment and/or Beatitude and write on the index card anything you want to confess.
4. Put index card in the envelope
5. Seal the envelope
6. Put the sealed envelope in the icon corner.

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7. Plan time to go to Confession.
8. When you go to confession you make take the envelopes with you. Following confession, you may burn the envelopes. Our slate has now been wiped cleaned.

Closing prayer - PRAYER OF REPENTANCE

O Lord my God, I confess that I have sinned against You in thought, word, and deed.

I have also omitted to do what Your holy law requires of me. But now with repentance and contrition I turn again to Your love and mercy. I entreat You to forgive me all my transgression and to cleanse me from all my sins.

Lord, fill my heart with the light of Your truth. Strengthen my will by Your grace. Teach me both to desire and to do only what pleases You. Amen.