



Act of Contrition  
Prayer of Sorrow....

God already knows you're sorry, so the words we use are not set in stone. If you wish, you may just use your own words... however brief.

Or if it helps, you might want to use one of the more standard forms:

O my God I am heartily sorry for having offended You and I detest all my sins because of Your just punishments. But most of all because they offend You my God, who are 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

Be at peace now.... God really does love you!!

Confessions are celebrated on Saturdays from 3:30 pm - 4:00 pm and by appointment as well.

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Reconciliation with God Others Self



I Confess...

Confession, Reconciliation, Penance... whatever you call this sacrament, it's sometimes combined with fear, doubt and lots of questions. But it doesn't need to be. We come here to CELEBRATE the fact that our God forgives us and loves us, no matter what we do!

So where, how do we begin ...? We begin with life... Goodness and selflessness are part of life. But sin and selfishness, strained or broken relationships, are part of life too... So, reconciliation, saying or showing "I'm sorry", needs to be part of our relationships in life too. And this sacrament is all about our relationships. This sacrament is about our relationship with God, with other people and our relationship with ourselves.

Where do we begin? We begin with slowing our lives down enough to take an honest look AT our relationships. Some call it an examination of conscience or consciousness... How conscious are we of God in our relationships? What is our response to God within us and all around us?

*We begin by taking a look at all the goodness within us, because that's what God sees.... And then we should be able to say, but I really need to grow in my love of .....*

*As Jesus said, the greatest commandment we have is to "love God and your neighbor, as you love yourself." So that's what we look at. With the help of the Beatitudes, the Commandments and the laws of the Church, we look at:*

#### OUR RELATIONSHIP WITH GOD:

- Do I talk with God from my heart, in my own way?
- Do I come together with our church community to pray at Mass?
- Am I involved in my faith community? (We need each other...)
- Do I try to learn more about God, to deepen my friendship with God?
- Am I trying to let God become more real in my life?

#### OUR RELATIONSHIP WITH OTHERS:

- Do I try to be sensitive to the needs of my parents, my spouse, my children and my friends?
- How compassionate am I to the poor, the rejected, the unpopular?
- How respectful am I to people of other religions, races and nationalities?
- How do I treat the young and the old?
- Do I work with my voice and my vote to help our community, our workplace, our church and our world be a more compassionate, just and peaceful place?
- Do I use others or try to judge the heart of another?

#### OUR RELATIONSHIP TO OURSELVES:

- Do I try to love myself, even with my faults? (God does!)
- Do I treat my body, myself, with respect, as God challenges me to?
- Do I try to develop my talents and use my gifts ?
- Do I accept myself or put myself down?