



## GUIDE TO CONFESSION

Genuine Repentance - Confession heals and makes  
the immortal soul holy.

This is the correct way to prepare for Holy Communion:

**S**o that we can examine better the depths of our conscience, it would be ideal to first read several books on the mystery and Sacrament of Confession. Also discuss any uncertainties you may have with your wise Spiritual Father - Confessor. The biggest science or knowledge is to get to know ourselves. Also we must not deny ourselves the greatest thing that every human soul thirsts for; a peaceful conscience and eternity with God.

**T**his joy is only granted by the God-Man, our Lord Jesus Christ. He himself instituted the single path to Salvation for the sinner within his church, the Holy Sacrament of Repentance and Confession.

**T**his is why friend, you must overcome any obstacle whatsoever that blocks the road towards Holy-Confession. Here awaits you with genuine Christian love, the representative of Christ, the good Confessor, who like a human can understand and have compassion on his brethren, who too are sinful.

**T**hrow far away brethren any thought of embarrassment or fright. Why be scared or frightened, when your soul frets and pains from the deadly consequences of multi-faceted sin? If one or more sicknesses tortured your body, would you avoid the hospital or doctor because of embarrassment? But at the same time don't be led astray by certain people who wish to have read on them "prayer (of the absolution) without having been previously confessed. However and whenever this happens from ignorance or neglect. it is a terrible sin and an insult to God. With faith then and honesty proceed to Holy Confession. Be certain also that the infinite love of the Crucified and Resurrected Lord will welcome you and transform you removing the weight that burdens YOU!

**H**e himself said "Come to me all you fatigued and heavily laden, and I will grant You comfort".

## **YOU AND GOD**

- 1.** Do you believe in God, the Holy Trinity, in the Divinity of Christ and the Holy Trinity?  
Do you respect the Holy Virgin Mary, the Saints and the Angels?  
Do you believe in the Church and its mysteries / sacraments?  
Do you believe that Heaven and Hell exist?
- 2.** Do you entrust yourself always and especially in the difficult times of your life, in the Care of God? Or do you despair and show a lack of faith?
- 3.** Perhaps in your problems, afflictions, sicknesses and trials of your life you whine/moan against God and lose your faith and confidence?
- 4.** Do you believe in mediums, card fortune telling, astrologists, magicians, palmistry, fortune-telling, and coffee-cup reading? Did you tell others to believe and go to these people?
- 5.** Do you believe in superstition?
- 6.** Do you believe in luck?
- 7.** Do you do your prayer morning and night and at the table?  
Are you embarrassed to do your cross in front of others e.g. in a restaurant or outside a Holy Church when you are passing? Do you do your cross properly?
- 8.** Do you read the Holy Bible and also other Orthodox Spiritual books daily?

9. Do you go to Church on Sundays and on the big feast days of the Saints?
10. Do you follow the Divine Liturgy carefully from the start till the end or do you go late and leave before the end?  
Do you let your mind wander in church?
11. At church do you go dressed in a proper and dignified way?  
Are you careful not to laugh or talk, even if it is a Wedding or Baptismal service?
12. Do you perhaps prevent or restrict your spouse and children from Church going?  
Or do you tell your acquaintances not to go to Church?
13. Do you commune regularly, or once a year and then without confession?
14. Do you give oaths without need or if so lie as well?  
Did you perhaps not fulfill your oath, vow or promise?  
The Bible forbids completely oaths, it says that our yes be yes and our no be no.  
(Mathew 5:7).
15. Do you blaspheme (degrade) the name of God, the Virgin Mary, and; our Saints by speaking irreverently of them?
16. Do you fast (unless you have serious health reasons) on Wednesdays, Fridays and the appointed periods during the year?
17. Do you throw religious books or periodicals in unclean places?

## **YOU AND OTHER**

1. Do you have hatred and ill-feelings against someone who did you wrong or insulted and abused you in their anger?
2. Are you suspicious and without reason suspect everyone that they supposedly talk about you, that they don't want you, that they don't love you, that they don't like you?
3. Are you jealous and upset about the progress, the fortune, the beauty and of the possessions of others?
4. Are you unmoved by the misfortune and needs of your fellow men?
5. In your transactions with your partners, your co-workers and your clients, are you honest and forthright?
6. Did you criticize or slander (wrongly accuse) your fellow man?

7. Are you ironic and patronizing towards the believers, those who fast and endeavor to live a Christian life, or those that have physical or mental problems?
8. Although you heard some information or criticism against someone, did you pass it on and harmed (even unwillingly) the reputation and respect of your fellow man?
9. Did you criticize the conduct, actions, faults and mistakes of another when they were not present, even if you said the truth?  
Have you ever cruelly criticized the clergy?  
Do you gossip about and criticize the personal lives of others?  
Did you listen to someone blaspheming God or someone else and did not protest?
10. Do you curse anyone who did you harm, or yourself in difficult moments of your life, or the hour and time you were born?
11. Do you send others “to the Devil” or do you give them rude hand gestures?
12. Do you respect your parents?  
Do you look after them?  
Do you put up with their elderly weaknesses?  
Do you help them with their bodily and Spiritual needs?  
Are you mindful of their spiritual needs by ensuring they go to Church and worthily partake of Holy Communion?  
Have you cruelly abandoned them?
13. Have you misguided your parents to will to you more of their estate than proper, thus causing injustice to your brothers and sisters?
14. Perhaps in your anger did you hit anyone with your hands or hurt them with your words?
15. Do you perform your job or occupation properly and with a good conscience?  
Or are you unfair to others?
16. Do you steal?  
Perhaps you encourage or helped another to steal, or agreed to cover up a thief, bought or accept known stolen goods?
17. Are you ungrateful towards God and generally towards your helpers and beneficiaries?  
Do you grumble and murmur against them?
18. Do you keep company with bad and sinful people or associates?  
Have you pushed anyone, with words or with your example, into sin?
19. Have you committed forgery? Have embezzled or defrauded the Public?  
Have you borrowed money and other possessions and haven’t returned or repaid them?
20. Have you ever committed murder, in any way?
21. Do you entangle yourself in the life of others or in their work, or their families and become the cause of strife, quarrels and disturbances?
22. Do you have mercy and compassion on the poor, on orphans, on the elderly, on the poor

families and the ones with many children that you know?

23. Have you lied or added or subtracted from the truth?  
Do you flatter others to get your way?
24. Have you cruelly asked for a dowry when intending to marry?
25. Have you ever sent anonymous or cruel letters to them?

## YOURSELF

1. Are you a slave to materialism and worldly blessings?
2. Are you stingy or a lover of money?
3. Are you greedy?
4. Are you wasteful?  
Whatever you have that is left over belongs to the poor.  
Do you have too much love towards pets and waste money on them, while people die of starvation?
5. Do you have conceit and arrogance?  
Do you talk back to your elders and superiors?
6. Do you like to show off, with your clothes, your wealth, your fortunes and the academic achievements of your children or of yourself?
7. Do you seek attention and glory from people?  
Do you wear perfume and makeup and change the look your creator God gave you?
8. Do you accept compliments and praise from others gladly and like to be told that no one exists as good as you?
9. Do you get upset when others show up your faults and do you get offended when others examine you and when your seniors make comments about you?  
Do you get angry?
10. Are you perhaps stubborn, high-minded, egotistical, proud or cowardly?  
*Careful of these sins as the diagnosis and solution to these are difficult!*
11. Do you gamble or play cards, even without money, with people at home or relatives “to kill time” as some say?
12. Have sexual sins polluted your body, mind or soul?  
*i.e fornication (sex before marriage) or masturbation, prostitution, homosexuality, lesbianism etc.*

13. Do you watch dirty shows on television or at the cinema?
14. Do you read pornographic, immoral books or magazines?
15. Have you ever considered suicide?
16. Are you a slave of your belly? (*gluttony*)
17. Are you lazy, careless, and negligent?  
Do you not help when you can?
18. Do you say words improper, immoral, and dirty or swear, for the sake of humor to insult or humiliate others?
19. Do you have a spirit of self-denial?
20. Do you expel from your mind bad or sly thoughts that come to pollute your heart?
21. Your eyes, do you take care that your eyes don't gaze or stare at provocative pictures or persons?  
Do you go to the cinema and theaters?
22. Are you careful what your ears hear?  
Do you like to hear sinful music or talk?
23. Do you dress immorally or if you are a woman do you dress with male clothing  
*i.e. trousers or short skirts, open shirts, see-through shirts and scandalize others with your appearance?*  
And on top of that appear at holy places?  
If you are male, do you have a provocative appearance?
24. Have you appeared naked or semi-naked in a swimsuit or bikini publicly?
25. Do you dance provocative and sinful dances?  
Sing or listen to sinful immoral songs?  
Do you frequently go to parties, nightclubs or discos?  
Do you celebrate sinful worldly festivals, such as the gay and lesbian Mardi Gras, etc.?
26. Are you a drunk?
27. Do you smoke?  
*Smoking destroys your valuable health and is also wasteful of money and hence a sin.*
28. Do you talk excessively and about meaningless things?

# FOR SPOUSES

1. Do you remain faithful?  
It is tragic when one of the two is unfaithful to the other!
2. Did one of you embarrass or fault the other publicly or privately?
3. Do you not endure the apparent weaknesses of the other?  
Do you show harshness?
4. Do you or your spouse permit the other to follow the latest fashion and everything that is against or opposite to the law of God?  
Do you perhaps drag along the other to parties and revelries, on the condition that you will provide the other the means to follow fashion and a worldly life?
5. Do you consider the struggle the other has outside and inside the home, so that you both help each other in the struggle, the one helping the other bodily and spiritually?
6. As a spouse have you had excessive marital (physical) demands and degraded your relationship?  
Do you abstain on Wednesdays, Fridays, on Sundays, Feast Days and fasting days (including night before)?
7. Do you perhaps prevent your spouse from going to Church, Spiritual gatherings or talks?
8. Your children, do you bring them up “in the instruction and counsel of Christ”? Do you perhaps only concern yourself with their intellectual growth and not with the nature of their character?
9. Do you direct them to Church, to Confession, to regular Holy Communion, (properly prepared) and to Sunday school?  
Do you teach them with word and example Holy virtues?  
Have you taught them to pray morning and evening and at mealtime also to pray with respect?
10. Are you careful of the things they read?  
Do you buy books and periodicals of (Orthodox) spiritual subjects for them to read and learn?
11. Do you watch whom they keep company with and who are their friends?
12. Do you lead them to sinful shows and entertainment, or allow them to watch television unsupervised?
13. Do you teach them humility - meekness and are you careful to ensure they dress in a dignified way?
14. Do you curse them when they upset you?  
Do you “send them to hell or the devil”?
15. Have you committed abortions or do you prevent yourself from having children? (*i.e.*

*contraception].*

16. Have you been unjust to your child in the division of your estate?
17. Do you as a parent believe that the responsibility of raising and educating your children rests only on your spouse?  
*You too have an obligation to educate them, to occupy them, to read to them so that you can relax your spouse. Also so that they too can feel your presence so that they are restrained and aren't pulled towards evil.*
18. Do you scorn them by giving them insulting gestures (*with your hands spread open*) and reprimand them with improper language?
19. Does each of you love and respect the parents, of the other?  
Do the parents and relatives get too involved in the family and cause disagreements and disputes?
20. Do you interfere in your children's families?
21. Is your spouse a blasphemer?  
*Have patience and try hard to cut cursed blasphemy!*
22. Have you ever considered divorcing your spouse?
23. Do you allow your children to become fanatical about sports and even to miss church in order to play? (*e.g. at Sunday mornings*)
24. Are you fair and just with your family, considering and respecting their views and wishes or do you behave like a dictator?