

## CONFESSION



During Great Lent, and the other fasts of the Church Year, it is customary for all Orthodox Christians to go to confession to their priest. Properly this should be done several times a year, the exact frequency depending upon how often one is blessed to receive the Holy Mysteries and on the counsel and blessing of one's spiritual father. As a preparation for this sacramental confession and to help one examine one's conscience before coming to confession, we are providing the following tools to assist you in your preparation.

### **Confession the Healing Sacrament:**

A young monk said to the great ascetic Abba Sisoës: "Abba, what should I do? I fell." The elder answered: "Get up!" The monk said: "I got up and I fell again!" The elder replied: "Get up again!" But the young monk asked: "For how long should I get up when I fall?" "Until your death," answered Abba Sisoës. —Sayings of the Desert Fathers. To continue reading this article click [[Confession](#)].

### **Preparation for Confession Booklet:**

This booklet contains questions to guide the reader examine his/her conscience before entering into confession. Although the list of questions is not exhaustive, it provides a strong starting point. This booklet also contains a place to write other areas for confession that come to your mind. Click [[Booklet](#)].