

## HOW DO I GO TO CONFESSION? (CONTINUED)

13. Take a minute to think about some sin habits you have—things you continue to do that you shouldn't, but can't seem to gain traction on. How might the Sacrament of Reconciliation help you with that?
14. Were you aware that Reconciliation empowers you with God's grace to live a changed life? (Satisfaction)
15. What do you think would happen if you made the commitment to go to Reconciliation more often? If you go once a year, how about twice? Better yet, how about once during Advent, once during Lent and once over the summer during Ordinary time?
16. Do you remember the three parts of the Sacrament? (contrition, confession, satisfaction) What is the hardest part about each? What is the best part about each?