*Host or designated reader/leader begins the Upper Room prayer hour by reading this message from Fr. David:*

**Message for November 2019**

Dear Friends in Christ:

The “Ideal-Catholic-Life” is within reach. Cooperating with His grace, being intentional about our thoughts, words and actions, will surely lead to greater union with God as one of His children. Let’s be more specific this month in our Upper Rooms and begin to consider certain very practical aspects of our faith. This time: **The Ideal Catholic Goes to Confession.**

In Christ;

Fr. David

*Open with Sign of Cross and pray:*

**Prayer to the Holy Spirit**

L: **Come, O Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth Your Spirit, O Lord, and they shall be created.**

R: And You shall renew the face of the earth

L: **Let us pray – God our Father, pour out the gifts of your Holy Spirit on the world. You sent the Spirit on Your Church to begin the teaching of the Gospel; now let the Spirit continue to work in the world through the hearts of all who believe. Through Christ our Lord.**

R: Amen

L: **You, O lord, will open my lips.**

R: And my tongue shall announce Your praise.

L: **Incline unto my aid, O God.**

R: O Lord, make haste to help me.

L: **Glory be to the Father and to the Son and to the Holy Spirit**.

R: As it was in the beginning is now and ever shall be world without end. Amen

**Discuss your understanding of the Sacrament of Confession and your habits visa vi these questions (A-Z)!!!**

1. What ways can you get your sins forgiven other than confession?
2. What sin must you go to a priest to confess and be absolved?
3. How often must you go to confession according to Church Law?
4. When should you go to confession and why do you go (?) is it for more than having your sins forgiven?
5. What form of examination of conscience do you use before going to confession?
6. Someone (in the room) search (now) for an examination of conscience App which would work on your smart phone and talk about the options it gives the penitent?
7. What is the best practice for making an exam? (Nightly? Daily? Weekly? Monthly? Before Confession?).
8. The elements of a good confession are what?
9. **Contrition** - Discuss perfect and imperfect contrition
10. **Confession** - What type of sins must you confess in kind and number? What does it mean to make a “good” confession for you?
11. **Satisfaction/Reparation** – What’s the purpose of penance, what debt is it making up for us?
12. **Prayer of Absolution** – Is the absolution valid (does it work) if the other three elements aren’t present in the penitent?
13. What is the difference between a mortal and a venial sin? A mortal sin must have these elements. Discuss.
14. If you had a mortal sin on your soul and your plane to Florida was going down over the Everglades, would you go to Hell? How could you avoid that reality as you plummet to your death?
15. A Man confesses to a priest that he is sexually abusing his 4 year old toddler daughter. He is contrite. What can the priest do about this?
16. A penitent who goes frequently asks your advice. They are troubled that they confess the same thing over and over, but never feel any better, or forgiven for that matter. What do you tell them?
17. Why are priests so good at keeping the Seal of Confession?
18. Discuss the difference between going “behind the screen” and going “face to face”?
19. The Devil wants to keep us from going to confession. Come up with five ways he does this?
20. A person who is possessed cannot go to confession (meaning they are physically unable to do it), what does this say?
21. What was the first spiritual gift Jesus gave to his Apostles in the Upper Room, after His Resurrection? **(Read John 20:19-23)**
22. Why were there lines to go to confession back in the 50’s, 60’s and 70’s. Was that a good thing or was it disordered (a little of both)? Discuss
23. Do you have an act of contrition memorized?
24. Commit this one to heart: “***Jesus Son of the Living God, have mercy on me a sinner”***  You can use this one for your act of contrition in confession.
25. How do you “feel” after having made a good confession?
26. The pure heart is close to God. Why? Discuss

**Pray the Divine Mercy Chaplet together**

**Next month’s Upper Room is a continuation on the Ideal Catholic theme…**