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## Holy Ascension Orthodox Christian Mission

I believe in one God, the Father Almighty, Maker of Heaven and Earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages; Light of Light, true God of true God; begotten, not made; of one essence with the Father, by whom all things were made;

Who for us men, and for our salvation, came down from the heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man;

And was crucified for us under Pontius Pilate, and suffered, and was buried;

And arose again on the third day according to the Scriptures;

And ascended into the heavens, and sits at the right hand of the Father;

And shall come again, with glory, to judge both the living and the dead; whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of life; who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets.

In One, Holy, Catholic, and Apostolic Church.

I confess one baptism for the remission of sins.

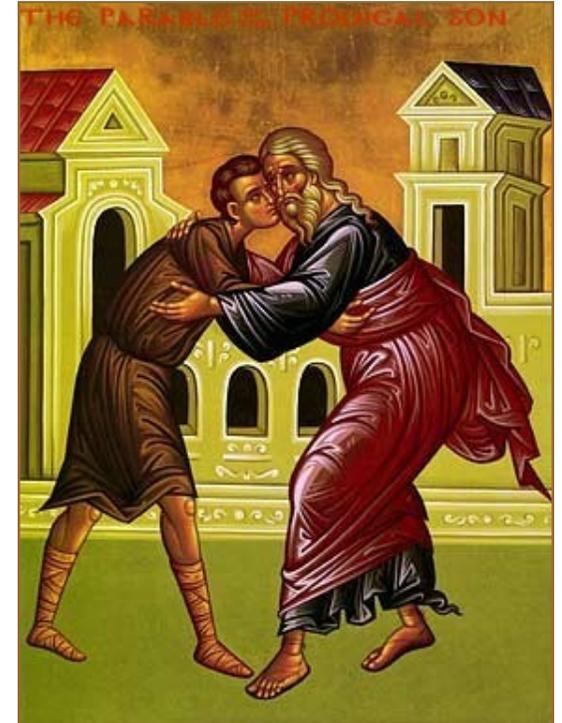
I look for the resurrection of the dead, and the life of the age to come. Amen.



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**Holy Ascension  
Orthodox Christian Mission**

**Practical  
aspects of  
Confession**



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[www.ascensionorthodox.org](http://www.ascensionorthodox.org)

## Practical Aspects of Confession

In this fallen world, full of temptations and misguidance, the importance of Confession in our spiritual lives is greater than ever. This is why it is important to list here a few practical aspects which time and again we tend to forget.

First of all, before you come to confession try to make a proper preparation. Examine your life carefully, using as a help the Ten Commandments, or the Beatitudes. If necessary, write out a list and bring it with you to confession.

Try not to omit anything you might have a tendency to judge as not important. It is up to the Father Confessor to judge this. Remember that no sin is too small to be confessed and no sin is so great that it cannot be forgiven by God, if true repentance exists.

In confessing, try to be brief and concise and, although sometimes necessarily explaining the circumstances of a particular sin, refrain from excusing yourself or confessing the sins of others.

Some people like to tell a good story: this is not necessary. Some even preach sermons in confession, but this too is not the purpose of confession. Let the Father Confessor do that if necessary.



Often many people come to confession at the same time and the priest has to hear several confessions, so others will be waiting their turn. In this case try to be considerate of their time.

If you have some personal difficulties or some particularly troublesome problems in your spiritual life, and need to discuss them at length, then arrange for a special time that the priest can dedicate only to you.

Sometimes after Confessions the priest may recommend you what is called a penance.

This may represent the reading of certain prayers, a rule for fasting, a number of prostrations, how to further dedicate yourself to God and to the service of the Body of Christ.

Remember that this is not a punishment for your sins, but it is a necessary spiritual medicine, a prescription for your spiritual healing. If you understand its importance and accept it, you are bound to follow it as closely as possible. Any changes to it should be discussed with your Father Confessor.

Overall come to Confession with an open soul, and remember, that the one that repents and comes to receive the Sacrament of Confession properly, does not limit only to confess his/her sins, but also commits to unceasingly fight against sin and passions. Confession is not an end in itself but is rather a new beginning of a new life in Christ.

