



## **St. Paul Coptic Orthodox Church Confession Guidelines**

### **Steps in Confession**

- **Come to yourself** – daily self-examinations at the end of the day.
- **Come to God** – confess your sins to God, asking for forgiveness.
- **Come to the church** – confessing in the presence of a priest, receiving absolution.

### **General Format**

Consider the 3 main relationships below and contemplate on sins that I committed (sins of commission) and things that I omitted to do (sins of omission).

#### **1) Relationship with God**

##### ➤ **Sins of commission**

- You shall have no other gods before Me.
  - Nothing ahead of God (family, friends, career, school, money, possessions, power/authority...)
- You shall not make for yourself a carved image
  - Images from internet, social media or TV
- You shall not take the name of the LORD your God in vain
  - Cursing
- Remember the Sabbath day, to keep it holy
  - Sunday for the Lord, coming early

##### ➤ **Sins of omission**

- (prayer, scripture reading, giving, fasting, confession, communion, serving...)



## 2) Relationship with People

### ➤ Sins of commission

- Honor your father and your mother
  - Respecting them, if a child – obeying, if an adult – taking care of them.
- You shall not murder.
  - Get angry, hurt others by my words
- You shall not commit adultery.
  - Lust with my eyes, impure thoughts, sexual immorality
- You shall not steal.
  - Tithes, honest at work/school, cheat
- You shall not bear false witness against your neighbor.
  - Lying
  - Gossip
  - Judging
- You shall not covet
  - Desiring what others have

### ➤ Sins of omission

- Love – sacrificial, giving, focused on others
- Mercy – to those in any need
- Humility – interest of others ahead of myself
- Peace – bringing peace to wherever I am

## 3) Relationship with Self

- Thoughts
- Words
- Deeds