

Ask questions in confession



Don't just confess your sins to the priest. Don't just say "Oh father I did sin a b c, how do I overcome?"

No. **Ask quality thoughtful questions focused on helping you develop virtues.** Focus your attention on developing virtues and your sinful habits should go away. Ask

- ❖ Father tell me one way I can love my family more?
- ❖ **Father what's an amazing virtue you observed off someone lately?**
- ❖ Father tell me a wonderful edifying story
- ❖ **Father how can I glorify God at my work or university and be an icon of Christ**
- ❖ Father how do I improve my prayer life?