

How to go to Confession

Sign of the Cross: Together, you and the priest will make the Sign of the Cross and say “**In the Name of the Father and of the Son and of the Holy Spirit.**” You may then begin your confession with these or similar words: “**Bless me, Father, for I have sinned. It has been (give days, months, or years) since my last confession.**”

Confession: Say, “**These are my sins,**” and confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: “**I am sorry for these and all my sins.**”

Penance: The priest will offer some guidance and propose an act of penance to be completed following Confession. The penance might be a prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

Act of Contrition: Say an Act of Contrition, expressing sorrow for your sins and resolving to leave sin behind and live in the light! For example: **My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.**

Absolution: The priest then blesses you in the person of Christ as he says the prayer of Absolution which frees you from your sins.

