

## Act of Contrition

Lord Jesus,

you chose to be called the  
friend of sinners.

By your saving death and  
resurrection free me from my  
sins.

May your peace take root in my  
heart and bring forth  
a harvest of love, holiness, and  
truth. Amen.

(#90 Rite of Penance of the Roman Catholic Church. English translation published by  
the United States Conference of Catholic Bishops in 2010.)

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## 7 simple steps to confession:

1. Say hi to the priest.
2. Do the sign of the cross.
3. Share your sins with the priest.
4. Listen to the priests advice and penance.
5. Read the Act of Contrition,
6. Receive absolution (do the sign of the cross as the priest blesses you).
7. Thank the priest



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