

# GOING TO CONFESSION

*Mercy is the force that reawakens us to new life and instills in us the courage to look to the future with hope. Pope Francis*

*Before you enter the Confession Room, make an Examination of Conscience. See reverse side of this sheet.*

*Enter the Confession Room: Because of the Covid Virus pandemic, **YOU MUST WEAR A MASK** and all confessions must be with a screen between you and the priest. You may kneel or sit behind the screen.*

*Begin your confession: The priest will make the + Sign of the Cross ... you begin your confess by saying: "**Bless me Father for I have sinned, it has been [? days, weeks, years] since my last confession. These are my sins ....***

*Confess all your sins: Ask yourself: For what do I want Jesus to forgive me? A good confession will not intentionally leave out known/remembered sins. *After you have confessed all of your sins, say: "**I am sorry for these and all of my sins.**"**

The priest may then offer you advice to help you be a better Catholic, such as how to better work with the graces that God is giving you in your life, or ways to combat your weaknesses or habitual sin. He will then assign a penance ... something you should do in thanksgiving for God's kindness and mercy.

*The priest will then ask you to say an Act of Contrition:*

**Oh my God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to confess my sins, do penance, and to amend my life. Amen.**

*The priest, acting in the person of Christ, then gives you absolution from your sins. He concludes the confession by saying: Give thanks to the Lord for He is good.*

*You respond: **For His love endures forever.***

***When one finishes Confession one leaves free, grand, beautiful, forgiven, candid, happy. This is the beauty of Confession! Pope Francis***