

HOW TO GO TO CONFESSION

It is recommended to begin by prayerfully examining your conscience before entering the confessional. You may use the Examination of Conscience located outside the confessional or your own as you prefer. Pray for the grace to remember all of your sins and make a list (mental or physical) of what you should confess.

After entering the confessional begin with the Sign of the Cross (in the name of the Father, and of the Son, and of the Holy Spirit, amen).

Say: **"Bless me, Father, for I have sinned. It has been _____ since my last confession."**

(If you cannot remember, give the priest your best guess or just tell him you cannot remember how long it has been.)

Say: **"These are my sins ... "** Then tell the priest your sins in number and kind (what you have done and how many times you have done it). Remember that God is merciful and wants to bring forgiveness and healing to your life!

The priest may talk or give you some advice.

The priest will assign you a penance. He may ask you to say some prayers, or to do something that shows sorrow for your sins or heals some damage you have caused.

Then say the Act of Contrition. You can use this one, or one you have memorized:

"O 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, to do penance, and to amend my life. Amen."

The priest will pray the prayer of absolution. At the end, make the Sign of the Cross as the priest says "in the name of the Father, and of the Son, and of the Holy Spirit."

The priest will then say "Go in peace," or something similar, to dismiss you.

Return to the Church to pray your penance and give God thanks for His great love and mercy! Be sure to say a quick prayer for others who are going to confession.

Welcome home