

Going to Confession and Celebrating the Sacrament of Reconciliation

1. Make the sign of the cross with the priest and say:

Bless me, Father, for I have sinned. This is my first confession and these are my sins.

2. Tell the priest your sins.

3. The priest will then offer guidance and assistance and will give you a “Penance” – a prayer to say as a sign of being sorry. (most likely a few Our Fathers or Hail Marys)

4. Pray the Act of Contrition

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. Amen.

5. The priest will then offer the prayer expressing forgiveness (.....*Through the ministry of the Church....I absolve you of your sins.....*)

6. Return to your seat and pray the penance/prayer that the priest asks you to say.