

## Going to Confession



Examine your Conscience

Prepare to celebrate the Sacrament of Reconciliation by **making an Examination of Conscience**. Ask the Holy Spirit to help you remember when you chose to do things that God doesn't want you to do OR when you chose to NOT do something God wants you to do. These are called sins. When you go to confession, you tell the priest your sins. You can write them on a piece of paper to bring with you to help you remember them (then, after your confession, get rid of that paper—your sins are gone!).

**When you go to confession, this is what will happen:**

**Make the Sign of the Cross** with the priest. He will say, "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

Then you say, "**Bless me Father, for I have sinned. It has been \_\_\_\_\_ since my last confession.**"

Then you will **tell the priest your sins**. Remember, when you speak about your sins to the priest, you are really speaking to Jesus. It is Jesus who hears your confession and forgives you through the priest. When you confess your sins:

- Be honest and precise
- Don't spend a lot of time explaining what happened
- Ask the priest if something is a sin or not if you are not sure

**The priest will give you a penance** to do—sometimes it is saying some prayers or sometimes it is doing something to help fix the sins you committed. Agree to do the penance.

The priest will invite you to **pray an Act of Contrition**. This is a prayer that tells Jesus you are sorry for your sins and that you don't want to commit those sins again.

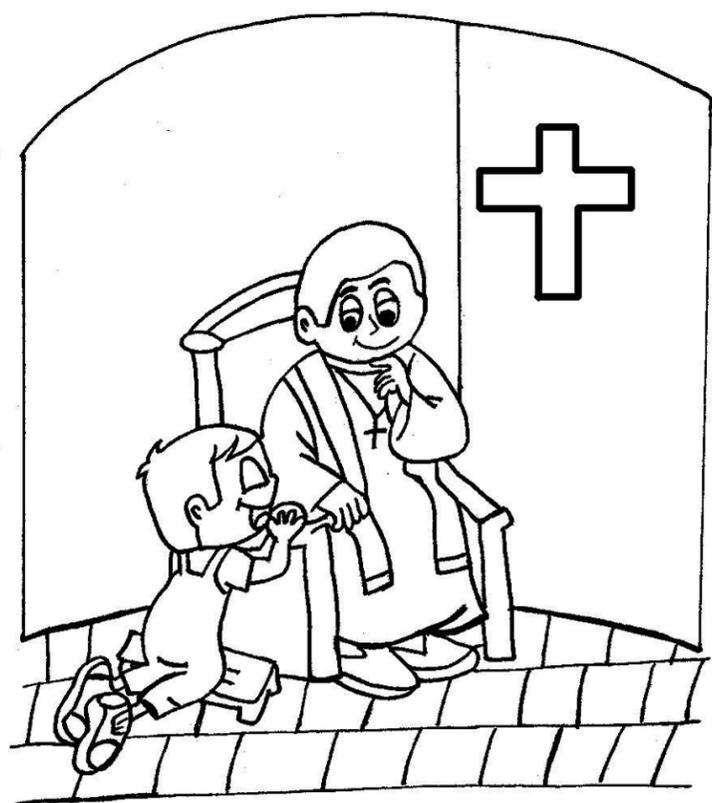
*"O My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend, with the help of your grace, to do penance, to sin no more and to avoid whatever leads me to sin. Our Savior, Jesus Christ, suffered and died for us. In His name, O Lord, have mercy. Amen."*

The priest will pray the **prayer of Absolution** over you. In the name of God, the priest will absolve you of your sins—this means that those sins are no longer on your soul and that God has gotten rid of them. You are clean and pure! 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."

Say "**Thank you**" to the priest and leave the confessional. Go to the church and kneel to **thank God** for the great gift of His forgiveness. Your soul is as pure as on the day of your Baptism—rejoice in God's healing love!



Receive Absolution



Tell your sins to the priest



Celebrate God's forgiveness!